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## ATF agents called in to look at blast

Officials unsure of exactly what explosion was

By Bryce Lemke  
Staff Writer

Dorms, apartments and car lots shook as bright purple flares followed by a thick cloud of smoke ascended over tree tops on the east side of campus.

The explosion was reported at 12:01 a.m. Tuesday; within a minute, Campus Safety and Maryville Public Safety officials were on the scene.

Director of Campus Safety Clarence Green said officers were in the area to serve a warrant.

"We aren't exactly sure what happened," Green said. "When our officers arrived on the scene, lots of students had gathered to see what the noise was."

Today, officers from the Department of Alcohol, Tobacco and Firearms will be at the scene to see if they can

find a cause for the explosion.

Green said little physical evidence, aside from a burnt mark on a sidewalk, is available.

Angeline Schulte was in her fourth floor room in Dietrich Hall when the loud bang caught her attention.

Schulte said she saw the bright flares shooting into the air right after the sound.

Although not everyone saw the actual explosion, many on campus could feel and hear it from their residence halls, some reports coming from as far as South Complex.

Several Resident Hall Assistants said car alarms went off as a result of the blast.

Initially, officers thought there was a water main or steam line that had busted, Green said.

Anyone with information pertaining to Tuesday night's events can contact Campus Safety at 562-1254.

-Cole Young contributed to this report.



PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

**FREE FALLIN'** Professional sky diver Matthew Kornoely spins Carrie Arnold during a sky diving training exercise on Sept. 14. The new student activity fee funded the sky diving training. The fee is also helping bring Chris Cagle to Northwest.

## Activities keep coming

Weekly events part of new fee's benefits

By Stephanie Stangl  
Managing Editor

Electric slide? Cowboy hats and big belt buckles?

Maybe not your cup of tea, but polls conducted on Web Star last year by Student Senate revealed country as one of the preferred music genres at Northwest.

With the implementation of the \$35 per trimester activity fee for all full-time students, country music stars Chris Cagle and Julie Roberts perform 8 p.m. Oct. 3, at Bearcat Arena.

But that's just the beginning of the events to come as a result of the fee.

After determining more than 60 percent of the student body wanted quality entertainment in larger quantities, Student Senate proposed an activity fee passed by the Board of Regents Dec. 17, 2004.

Northwest was the only Missouri university without such a fee, and nearly 70 percent of all public institu-

tions nationally have passed activity fees of some kind, according to former Student Senate president Chase Cornett.

"We needed a significant enough increase so a difference was noticed in the quality of entertainment coming in," Cornett said. "If it were a small amount we didn't want to turn around and change the fee again next year."

Such things as the back-to-school luau and the pancake feed at the beginning of the year resulted from the activity fee.

Although such things as Encore performances and Thursday Nights at the Union are not covered by the fee and fall under separate budgets, there are many events yet to come during the fall trimester.

"Wednesdays Live," is a new ongoing event sponsored by the fee. Every Wednesday acoustic-type artists will perform 8 p.m. at the Bell Tower. In addition, students can enjoy a "Fantasy Casino Night" Nov. 15 in the ballroom of the Union, complete

see **EVENTS** on A8



PHOTO COURTESY UNIVERSITY RELATIONS

Cagle, Roberts coming to campus; to perform in Bearcat Arena

By Cole Young  
Editor in Chief

On Oct. 4, Chris Cagle's third album "Anywhere But Here" will be released.

The night before, Cagle won't be anywhere but Bearcat Arena.

Cagle, along with Julie Roberts, will appear in the first of two nationally known performances on campus in October.

The concert is scheduled for 8 p.m. Monday Oct. 3. Tickets for Northwest students are \$12 while the general public can purchase them for \$25.

According to Assistant Director of Student Activities Jeremiah Lawson, the event was financed solely through the Student Activities fee.

The Cagle and Roberts performance was just one of the groups the council tried to bring in.

"We started with Gavin DeGraw, Black Eyed Peas and Anberlin," Lawson said. "Cagle was just the option that worked out with our schedule and dates that were available."

Cagle's latest single "Miss Me Baby" has

see **CAGLE** on A8



PHOTO BY TREVOR MORAN / CHIEF PHOTOGRAPHER

**JAKE WALKER LAUGHS** and eats spaghetti at the Hurricane Relief Benefit held at the Maryville Community Center. All of the proceeds went to the Hurricane Relief Fund.

## Community lends helping hand, fork

Over \$6,500 raised for those hit by Katrina

By Riley Huskey  
Special Sections Editor

As another hurricane bears down the U.S. Gulf Coast, local citizens search for ways to help.

Wednesday night was just one example of the many ways Maryville is aiding in hurricane relief.

Local residents banded together in support of Hurricane Katrina victims Wednesday and raised more than \$6,500 for relief efforts at a benefit dinner and raffle held at the Maryville Community Center.

With a free-will donation at the door, community members could enjoy a Pagliai's spaghetti dinner and a McDonald's soft drink all while waiting for the benefit's raffle to begin at 7:30 p.m.

"We were very pleased with the turn out—we had a great crowd," said Rod Auxier, director of Maryville Parks and

Recreation. "Going into the event we didn't know what to expect, but we were pleased with the out pouring of our community."

Auxier volunteered at the raffle sales table while countless others helped around him.

"The amount of people that have come out is great," volunteer Kim Walker said. "We've seen a good representation of the community and the number of businesses that have donated is excellent. It's really great to see the community pull together."

A s advertised, 100 percent of the supplies for the benefit were donated by local businesses and 100 percent of the proceeds will go to aid Katrina victims. Nearly 50 donated prizes from local business owners were raffled off and a children's corner was set up to give children a chance to help with art projects that will be sent to Katrina victims.

"I came to the gym everyday and watched them put it all together," said Sharon

see **LEADS** on A8

### COMING FRIDAY:

Visit [www.nwmissourinews.com](http://www.nwmissourinews.com) for audio and visual coverage regarding Hurricane Katrina's effects on Maryville.

## Family Day full of activities

By Dennis Sharkey  
Chief Reporter

Parents wanting to relive the college experience will get a chance Saturday.

Northwest will hold its annual Family Day Saturday, giving family members a chance to see what exactly it is like to be a student at Northwest.

Assistant Director of Campus Activities Jeremiah Lawson said the day will include events geared toward families. Activities even small children can participate in will be provided by Hog Wild Entertainment. Things like

writing your name with rice and frisbee spin art will begin at the Bearcat Zone in College Park at 11 a.m. Saturday.

Those families attending the home football game can join in a tailgate for \$5 a plate.

Lawson said the activities are for everyone, not just for new students.

"It's good for any student," Lawson said. "It's a great invitation for a family to share a day with students and to see what it's like to be a student and share a day at their campus."

The campus will also host the opening of the Fire Arts

building as well as the groundbreaking for the "Center of Excellence in Biologics."

The Fire Arts Building will open at 10 a.m. Saturday, with an unusual ribbon cutting ceremony. Sculpture students will use an angle grinder to cut through a steel rod.

The cutting will be followed by a walk through of the building with art students on hand to answer questions.

At 10:45 a.m. a shuttle service will begin at the Fire Arts building to the groundbreaking site where Governor Matt Blunt and University President Dean Hubbard will speak at 11 a.m.

### WHATS ON TAP? A QUICK LOOK AT SATURDAY'S EVENTS

**10 a.m.** Ribbon cutting for Fire Arts Building, or should we say ribbon grinding.

**11 a.m.** Groundbreaking for the "Center of Excellence in Biologics." Governor Matt Blunt will speak at the the event along with President Hubbard.

**1 p.m.** Kickoff. Families can head to Bearcat Stadium to see Northwest face off against Missouri Southern in a battle of two MIAA offensive powerhouses.

# THANK YOU

All advertising sold for the pullout football poster included in the *Northwest Missourian* was donated to the Northwest Katrina Fund. \$1000.00 was donated to the fund.

Groups and individuals who wish to participate in the relief effort should call Deb Powers at (816) 271-7185 or e-mail [deb.powers@heartland-health.com](mailto:deb.powers@heartland-health.com).

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An aerial view of the destruction left by Hurricane Katrina is seen, Friday, Sept. 9, 2005, in Gulfport, Miss. Arkansas troops are scattered throughout southern Mississippi helping with the hurricane relief efforts. (AP Photo/Mike Wintz)





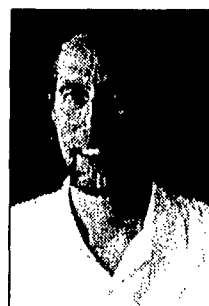
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FRED LAMER  
Distinguished Faculty Award



LARRY MANNASMITH  
Distinguished Alumni Award



EARLE I. MOSS  
Distinguished Emeritus  
Faculty Award

## Association to award 6

By Ben Koehn  
Chief Reporter

Friday night six members of the Northwest community will be honored at the Northwest Missouri State University Alumni Association annual awards banquet.

The night will kick off with a social starting at 6 p.m. followed by dinner, the awards ceremony and dancing at 9 p.m.

Vinnie Vaccaro is being honored with the Northwest Turret Alumni Service Award. Vaccaro was the first Bobby Bearcat and was also a station manager at KXCV. He said he was flattered to be honored with this award on the 100th anniversary of the school he loves.

"It's as much a part of my

family as my kids," Vaccaro said. "My whole family lives for the University."

Kory Schramm, a 1995 Northwest graduate, is receiving the Young Alumni Award. The award is given to graduates of the last decade for exceptional achievements that bring honor to the University. Schramm works for ITA Group, which handles some of the world's largest Fortune 500 companies.

Fred Lamer, assistant professor in the department of Mass Communications, is receiving the Distinguished Faculty Award. Lamer, who has been with the university since 1982, has been instrumental in the creation of the advertising major and the advertising club, AdInk.

Lamer said that after

nearly 24 years at Northwest, he has continued to learn just as much as his students. "The more I learn, the more I realize how little I know," Lamer said.

Larry Mannasmith, a 1971 graduate of Northwest, will be honored with the Distinguished Alumni Award. Mannasmith is currently the choral music director at Red Oak High School in Red Oak, Iowa. He is a member of the Music Advisory Panel in the Iowa Arts Council. In June 2004, his choir sang at the dedication of the World War II memorial in Washington D.C.

The late Earle I. Moss, who died in 2003, is being honored with the Distinguished Emeritus Faculty Award. His wife, Martha, and

children, Stephen and Lisa, will accept the award. Moss started teaching at Northwest in 1954 and started the Jazz Band in 1955, which wife Martha said was his "pride and joy." Moss also created Phi Mu Alpha Sinfonia, a music fraternity.

Jon Rickman is being honored with the Honorary Alumni Award. Rickman, who received his Ph.D. from Washington State University is the vice president for information systems at Northwest. He is being honored for his work in turning Northwest into an electronic campus.

Tickets are on sale for \$30 per person and reservations will be accepted through today. For tickets call the Alumni House at (660) 562-1248.

## Soul Food Dinner highlights ABC week

By Jesse Murphy  
Staff Writer

The Alliance of Black Collegians hosts their annual ABC week hoping to attract more members from the largest black freshman class in Northwest's history.

Sauda Holman, president of ABC, said there are approximately 25 members on the regular mailing list, which increases to about 90 when they host big events. Because of this they have decided to have another one this spring.

"We just want a lot of people to come; this is a big year for us," Holman said. "We are working on retaining members and we can retain members if we put together good events. Things like this help students get involved."

Brittney West has been a member since arriving in August. She joined ABC because she enjoys the bonding and friendships and feels it's important to be a part of something you can contribute to.

ABC week kicked off Sunday with an afternoon

barbecue. Monday, members were invited to an organizational fair where they could check out some of the academic organizations on campus.

ABC co-sponsored a movie night on Tuesday with HALO (Hispanic American Leadership Organization). The movie was "Man of La Mancha."

Director of Campus Safety Clarence Green spoke Wednesday about student's rights and some of the laws in Maryville that new students should be educated on.

At 3 p.m. Friday, ABC will have a car wash in the Wal-Mart parking lot. The cost is \$5 per car; larger vehicles may cost more.

The Saturday "Soul Food Dinner" concludes ABC week. The dinner starts at 3 p.m. in the Union ballroom. The price is \$7 for people ages 12 and up and \$5 for those aged 5-12. Children can get in free. Everyone is welcome to attend, and proceeds from the car wash and the dinner will go to help the victims of Hurricane Katrina.

## KZLX nominated 2005 sports award

By Evan Young  
Staff Writer

It may be better-known for music, but it was sports that made Northwest's student-run radio station, KZLX, a finalist for the 2005 Collegiate Broadcasters National Student Production Awards.

The station is nominated for the Best Sports Play-By-Play Award for coverage of the 2004 Northwest football playoff game against Texas A&M University-Kingsville at Bearcat Stadium.

This is the first time KZLX participated in the Student Production Awards. According to David Bales, KZLX Sports Talk director, being named a national finalist the first time around shows the dedication and hard work of the station's staff.

"As a whole, we've become professionals," Bales said. "We take a lot of pride in our broadcasts."

Including Northwest, there are three finalists in the Sports Play-By-Play category. New York University and Marshall University in Huntington, W.Va., both Division I schools, are also in the running.

Bales said competing against schools with larger radio programs says much about the quality of Northwest's radio station. "For a small school, we're a really good radio station," he said. "We're just as good as the other guys."

To enter the contest, KZLX submitted a 30-minute excerpt from one of its broadcasts. Tommy Thrall, KZLX play-by-play director, was one of the announcers at the Texas A&M-Kingsville game. He said that the announcing wasn't the only reason the staff chose to enter that particular broadcast.

"It was a very big game," Thrall said. "The crowd had a lot of energy, and that can add to the quality of the coverage."

The winners in each category of the Student Production Awards will be announced at the National Media Convention on October 26-30 in Kansas City. But Bales said winning isn't what's most important to KZLX.

"We're honored to be a finalist," Bales said. "Hopefully we'll come out on top, but if not, it's still a great experience."

### CAMPUS BRIEFS

#### Macias named new funds director

The Office of University Advancement recently named Teresa Macias as the new director of development-major gifts.

In her position Macias is responsible for seeking funds and handling donations to the Northwest Foundation in excess of \$10,000 dollars.

She also works in donor cultivation and stewardship

programs.

Macias graduated from Northwest in 1997 with a bachelor's degree in elementary education and learning disabilities. In December she will complete her master's in elementary and secondary administration.

She previously worked at Maryville Middle School as a special education teacher.

#### Hradek receives U.S. Bank award

Northwest Freshman Amy Hradek won three credit hours of in-state tuition from U.S. Bank.

During the summer SOAR sessions U.S. Bank offered the drawing as a special promotion for all incoming freshmen to enter. Approximately 500 Northwest freshmen registered.

The credit hours are val-

ued at \$553.50.

U.S. Bank operates as the University's partner in providing the Bearcat Identification Card.

Should a student sign up for an account at U.S. Bank the Bearcat Card would also double as an ATM card.

U.S. Bank has two locations available in Maryville.

#### Tower yearbook pictures scheduled

Starting Sept. 26 photographers will be stationed in the Union for 2005-06 yearbook pictures.

Two sessions are scheduled for individual photos operating from Sept. 26-30 and Oct. 3-5.

Appointments can be made by calling 816-562-1528 or photographers are available for walk-ins.

Thorton Studio Photographers are shooting the photos.

All students that have their pictures taken are entered into a drawing for prizes. Also, the campus organization with the highest turn-out of participants will receive a \$100 dollar donation to their philanthropy.

#### Speakers lined up for Open House

The new Fire Arts Building is set to be completed Saturday with a dedication by several speakers including Northwest President Dean Hubbard.

The Fire Arts Building is a \$2.7 million structure created to accommo-

date students working in areas of pottery and metal works.

The structure provides the proper environment for use of kilns, welding equipment, drill presses, power saws and other additional special equipment.

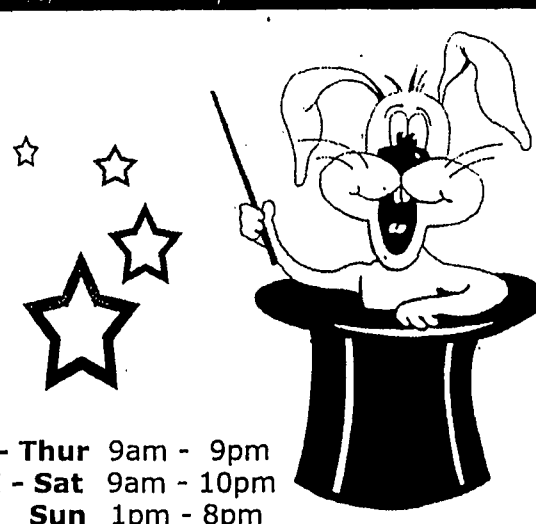
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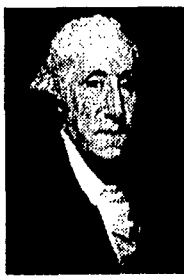
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## CITYBRIEFS

## Mobile phone numbers released

Cell phone numbers will be released to telemarketing companies this weekend. Calls received from these companies will be charged to accounts for each cell phone.

Cell phone numbers can be blocked by placing a call to the National Do Not Call Registry at 888-382-1222 or visiting [www.donotcall.gov](http://www.donotcall.gov).

Registration on this list is effective for five years.

## Seifers to visit Nodaway County

In conjunction with Sen. Jim Talent's "Missouri Matters" campaign, Emily Seifers will visit Nodaway County Sept. 28.

Seifers, who works in Talent's Kansas City office, will meet with residents at whatever hours are convenient.

Constituents who have concerns they would like to share can schedule an appointment with Seifers by calling (816) 421-1639.

By Domnick Hadley  
Community Editor

Kindol Gregg has always enjoyed helping others.

Gregg, 12, enjoys participating in activities which help raise money for people less fortunate than herself—a lesson she learned early from her father.

"I like helping people who are in need of money," Gregg said. "I want to make other kids around the world as happy as I am. It makes me feel really good."

Gregg was a part of a group of fourth and sixth grade students from St. Gregory's Catholic School who organized a fundraiser for Hurricane Katrina victims.

The students set up a lemonade stand and car wash at Northwest Ford Lincoln-Mercury Wednesday, with all proceeds donated to the American Red Cross.

St. Gregory's initially established a used book sale to raise money for the Catholic Charities relief fund.

However, students



**SIXTH GRADERS FROM** St. Gregory's elementary school wash cars at Northwest Ford Lincoln-Mercury dealership in an effort to help Hurricane Katrina victims. The car wash was one of the many fund-raisers that the school sponsored. Others were a lemonade stand and a coin contest between the different grades.

expressed a desire to conduct a separate fund raiser, one that required more effort and existed outside the classroom, according to sixth grade teacher Jennie Halley.

"It was really neat," Halley said. "They said why can't we do something outside of the

school and my thought was well they have a good point. It's a good lesson because they didn't see there was a limit to what they could do."

After adhering to the students' wishes, Gregg enlisted help from her father, Mark—the owner of Northwest Ford.

He allowed the students to set up shop on the lot and agreed to match whatever funds they raised.

The students spent hours, working in shifts, selling \$1 glasses of lemonade and washing residents' cars. Altogether they collected \$565 from the

car wash and \$325 in lemonade sales.

"It was fun seeing how much money people were donating and how much money we had in the jar at the second shift," 9-year-old Andy Van Deven said. "We have cars, roads, houses and clothes and they don't have anything. And, I think it's important to provide that for people in need."

Gregg agrees.

"I knew that we would make a lot of money and it would be fun and people would get money from it," Gregg said. "I know that if I was a hurricane victim I'd really appreciate all the help."

In addition to the car wash and lemonade stand, St. Gregory's students initiated a campaign titled, "Quarters for Katrina." The campaign collected over \$700 for Catholic Charities.

"I was very proud of them," Halley said. "How they took ownership in the project. They've seen the pictures on TV and they know what's going on. They know what's going and they want to help."

## Enthusiasts gather; display 'toys'

By Jessica Swartz  
Staff Writer

A difference in playgrounds as a child led Phil Burgess along a path of lifelong interest.

"I used to go to salvage yards and just play as a kid," Burgess said. "I like to take something in the ditch and restore it, to get it back on the road, to bring it back to life."

This passion for restoration guided his steps and eventually brought him to the Maryville Chamber of Commerce's 10<sup>th</sup>

annual Car Show last Sunday.

Threats of rain kept a few from Sunday's event at Beal Park. For three hours, men and women of all ages peered at and circled a selection of automobiles that ranged from a 1925 Model TT Ford Truck to a pair of low-slung MG convertibles. Owners and restorers of classic automobiles rubbed elbows and mingled with admiring onlookers.

The turnout was no surprise for automobile enthusiast Michelle Hatcher. Hatcher and

her husband Jason drove from Bolckow, Mo., to attend the car show.

"There's a huge following around here," Hatcher said. The Hatchers attend car shows regularly, traveling 70 miles to visit such events.

Driving nearly 100 miles to a car show is child's play for Burgess and his friend, fellow automobile restorer Warren Soptic.

Last month the Trenton, Mo., residents traveled to Evansville, Ind., for the 30<sup>th</sup> Annual Frog Fol-

lies. The event this year attracted more than 4,000 cars from the 50 states.

Burgess and Soptic's classic cars won them trophies—Burgess for his 1935 Chevy two-door sedan and Soptic for his 1938 Chevy two-door sedan. Both men built their cars from the ground up and admit to a long interest in the restoration of their cars.

"I've always wanted a Sedan," Burgess said. "I've always wanted to chop one and lower it."



**ROB GRAHAM** of Diagonal Iowa, makes his tires shine at the Car Show held on Sept. 18 at Beal Park. Graham has been coming to the Maryville Car Show for the past five years, bringing a different car each year.

## Second home dedicated in county

By Jared Hoffman  
Staff Writer

For Paula Clark, Skidmore has always been a place to call home, but as of Sunday, she actually has a house to call home.

Nodaway County Habitat for Humanity presented Clark with the keys to her new three-bedroom dwelling after ceremonial candle lighting at Sunday's dedication service.

The construction pro-

cess began last May when hundreds of area volunteers devoted time to help construct the home. Clark logged over 250 hours performing such tasks as hanging sheet rock and placing siding.

Clark said it's a relief to finally see the project completed.

"I'm really happy that it's done," Clark said. "Now I get ready to start moving in."

Board President Rex Wallace, said all the hard work and

labor is worth putting a roof over someone's head.

"It's rewarding to see the person whose home it is finally have a nice place to live," Wallace said. "It's the whole purpose of Habitat to provide decent and affordable housing to everyone, and that's the greatest satisfaction for me."

This is the second home Habitat for Humanity in Nodaway County has built. The organization has built more than 175,000 homes world-

wide since its genesis in 1976.

The organization selects individuals based on factors such as level of need, willingness to become partners in the program and ability to pay back a no-interest loan.

Wallace said that although possible locations for the next house cannot be disclosed, meetings have taken place to determine the next step towards providing another resident of Nodaway County with a new home.

## Fun day promised at local church

By Domnick Hadley  
Community Editor

Maryville residents can enjoy a weekend full of family activities as the St. Gregory's Catholic school hosts its annual Family Fun Fest on Sunday.

The event starts at 1:30 p.m., in St. Gregory's Catholic Church parking lot.

The Fun Fest is one of many fundraisers the school conducts each year to offset year-round costs for St. Gregory's.

Activities scheduled for this year's Funfest include candy art, Plinko, sand scoop,

inflatable games and a Texas Hold'em tournament for adults.

Bobby Bearcat and Spoofy the Spoofhound will take photos and visit children from 1:30 to 3:30 p.m.

Similar to last year's festivities, there will be auction and raffle featuring several prizes including \$700 tuition for St. Gregory Catholic School, an individual yearly membership to the Maryville Community Center and a weekend stay at the Lied Center in Nebraska City, Neb.

Tickets for the raffle are \$5 for six tickets or \$1 each.

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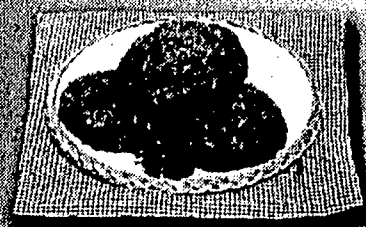
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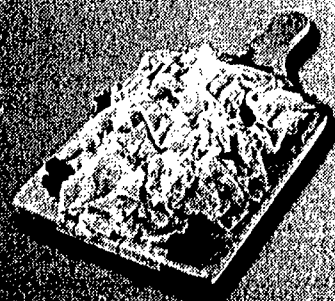
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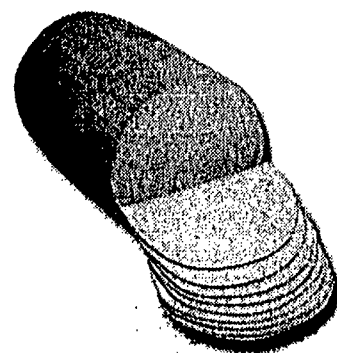
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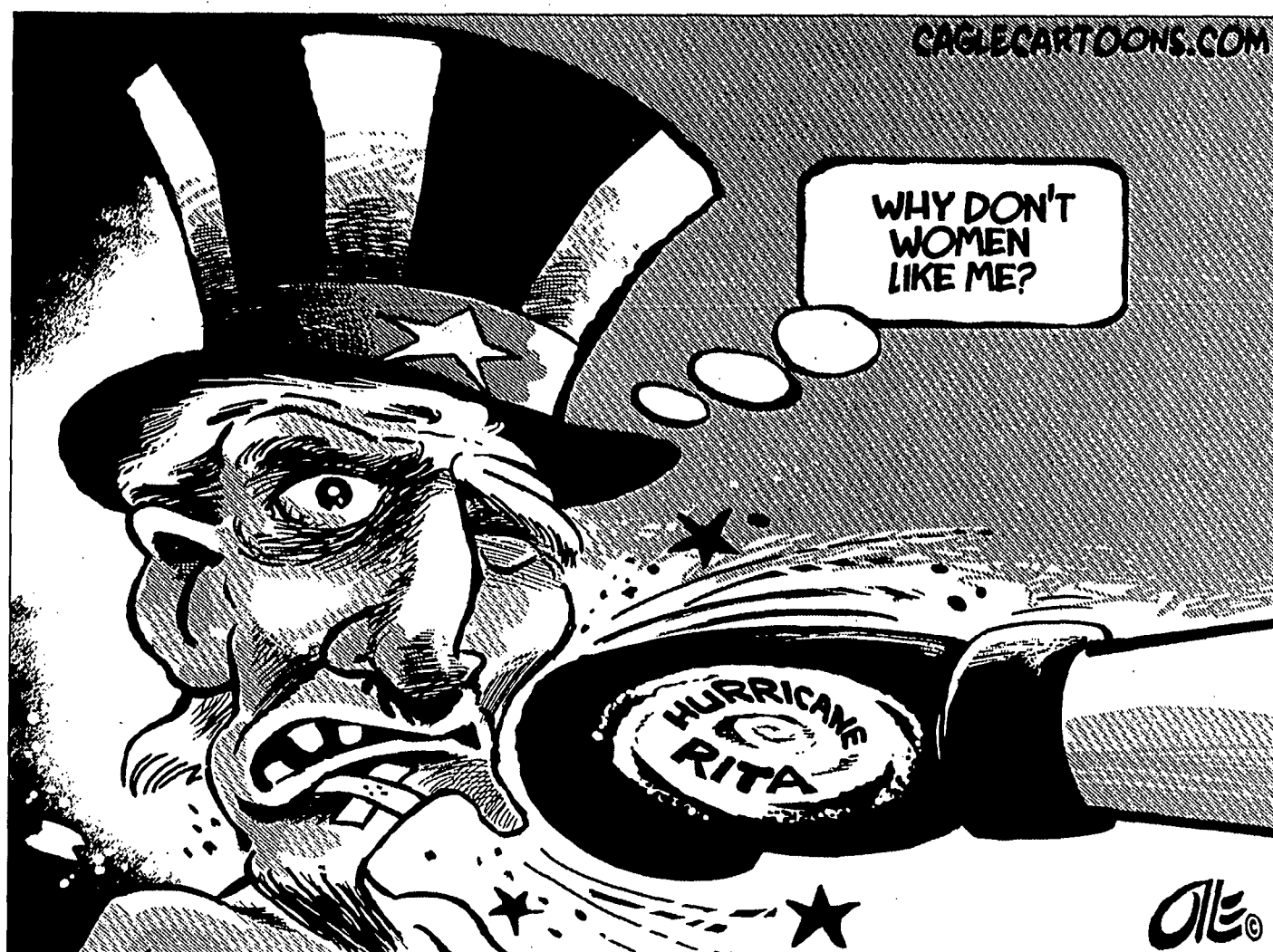
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## EDITORIAL

## Student activity fee well spent in inaugural year

Activities have been mysteriously popping up each week around campus.

These activities, aimed at giving students a release from the regular grind of college, have presented a nice change of pace.

The events are funded through the new Student Activities Fee.

While the fee raised the concern of some students when initially presented, the \$35 charge per semester is hardly an amount to be concerned by.

The Student Activities Council behind the money is a group comprised of students from around the University.

The newest addition to the list of things presented by the Student Activities Council is a concert featuring Chris Cagle and Julie Roberts, the first in hopefully a long list of big name acts to come to campus.

To the Student Activities Council, we say job well done.

It would have been easy to see the activity fee be nothing more than an

occasional movie night. Instead, in the first year, the fee is already impressing.

Less than a year after the fee came to fruition, events are already piling up.

While many students may not be into the country music scene chances are a group will come along soon that piques everyone's interest in the same way Cagle excites a portion of the population on campus.

Northwest students shouldn't be dissuaded if the first event fails to interest them.

The goal of the fee is to involve as many students as possible through one event or another.

If it's the idea of \$35 not being well spent, then students have no one to blame but themselves.

Last Wednesday at the skydiving simulator, a long line greeted many that showed up to experience the idea of free falling.

Hopefully the long line was symbolic of the long list of events on tap for students at Northwest in the coming years.

## CORRECTION

In last week's article entitled, "Fire at pellet plant," Lt. Phil Rickabaugh was referred to as Lt. Rick Abaugh. The Northwest Missourian apologizes for this error.

## 20 years gives plenty of life lessons

On Tuesday I turned 20. I woke up feeling tired. I stumbled my way around my room and eventually found my way to the sink. I stared in the mirror as I shaved. Frozen for a moment, I looked at my expressionless face.

It hit me that morning that I'm not sure I even recognize my own face in the mirror. I used to know what I wanted in life. I used to think I knew where I wanted to end up.

They say with age comes wisdom, but I have come to realize that with age and moving on comes confusion and a

## Off the hook



Brendan Kelley  
Asst. Sports Editor

sense of helplessness.

I have also come to the conclusion that to truly understand who we are and where we are headed we must first understand where we came from. So, here are a few of the things I have learned in

my 20 years of life.

1. Never be afraid to tell someone how you feel. The words that you leave unspoken can haunt you for the rest of your life.

2. It's worth being late to anything to visit with family.

Your family can be your only saving grace when the rest of the world falls apart.

3. Never pass up an opportunity to hang out with your brother. Life will pass you both by, but the memories that you make early in life will follow you forever.

4. Don't get so wrapped up in the fast pace of the world that you forget what life is really all about and stop living.

5. Don't be afraid to take a chance because in the end you will regret the chances you did not take more than the times you took a chance and failed.

6. If you truly believe in something stand up for it. Others may doubt and criticize

you, but in the end you will be left with more than they will ever have.

7. True love really does exist, but it doesn't always go as we have planned it.

I am not perfect. In fact in life I have probably failed more than I succeeded, but these are a few things that I have learned through experience. Some of them came at the expense of some heartache and tears, but I guess that's how you know that you've lived.

I'm 20 years old and I'm lost. I guess that we've all been lost at some point. It's how we find ourselves that writes the story of our lives.

Someone lend me a pen...

## Parental sexual education does not equal advocacy

I once considered it odd my mom not only had "the talk" with me but I could also turn to her for advice on sex whenever I needed to.

My friends and I considered this relationship weird until I discovered her advice may one day save my life.

Many parents choose not to discuss sexual topics with their children. Maybe it's because they fear mentioning the word sex in some way incites sexual behavior. I assume they rationalize mere discussion and edu-

## Faith Defined



Stephanie Stangl  
Managing Editor

cation of the topic somehow promotes promiscuity.

In the bible it states God intended the act of sex to be contingent upon marriage and love between one man and one woman. As much as parents may wish their children to abide by this, whether they wish to admit it or not, premarital sex remains a reality for some students.

In the very least parents ought to advise daughters to get yearly gynecological exams and tell sons to get checked for

sexually-transmitted diseases if and when they become sexually active.

Millions of young adults are infected with STDs every year, many of which could be avoided with a simple 10-minute talk about contraceptives. I'm not saying it won't be uncomfortable. I'm not saying it won't be awkward. But trust me, it's necessary.

Catholicism frowns upon the use of birth control. A friend of mine in high school didn't use birth control because her parents and pastor advised against it. On the last day of high school she announced she was pregnant. Today, she remains in my hometown in a

dead end job, void of a college degree.

In a recent poll of my female friends, I found more than half of them didn't get their yearly exams and a few of them didn't realize they were supposed to. Even if your daughter is not sexually active, yearly exams can still catch things like cervical and ovarian cancer. Doesn't your daughter deserve to know how yearly exams can help her stay healthy?

We also have a person on the staff of *The Missourian* whose mom had cervical cancer four and a half years prior to finding out because she took a hiatus from yearly exams. According to Women's Health Channel

online, between 250,000 and 1 million women are diagnosed with cervical cancer yearly. Do you want your daughter to be one of the women who didn't catch it in time?

With that said, I dare anyone to tell me yearly exams and talks with your children are not important.

And word to the wise for students: Please know it is so crucial to get checked yearly by your gynecologist or medical provider every year once you turn 18 or become sexually active (whichever comes first). Birth control does not protect against STDs and getting exams can detect things like cancer early enough to save your life.

The best part: you don't need your parents' permission for an exam or access to birth control and both are completely confidential.

The Health Center provides both of these services at a minimal charge and the Family Planning Program-Family Guidance Center located at 109 E. Summit Drive provides these services based on your income, often free of charge.

I know parents want to ensure they do not advocate sex. I know fathers don't want their little girls to grow up. But I also know each parent ought to care enough about their children to take 10 minutes to teach them a very crucial life lesson.

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Letters should be no longer than 250 words. Write us: Letters to the Editor, 800 University Drive, Wells Hall #2, Maryville, Mo. 64468; or e-mail northwestmissourian@hotmail.com.

## CAMPUSTALK

## What performer would you like to see come to Maryville?



"Shawn McDonald and Matthew West"  
Jessica Rolf  
Business Management



"Boyz 'n Da Hood"  
Darrin Roberts  
Business Education



"Mike Sullivan"  
Eriko Nakayama  
Undecided



"Anberlin"  
Adam Hance  
Undecided



"David Crowder — He's my favorite."  
Natalie McMillen  
Organizational Communication





**Accidents****9/14**

**Clara M. Anderson**, 19, Maryville, and **Katie E. Dimmer**, 18, Maryville, at Business Highway 71 North and West Fifth Street

**Malinda Bichle**, 37, Maryville, and **Al Bowness**, 80, Maryville, at North Davis Street & East Third Street at 11:01 a.m.

**Trevor Burns**, 17, Maryville, and **Ernest Wilmes**, 63, Maryville, at U.S. Hwy 71 and County Road 268 St. at 11:28 p.m.

**9/15**

**Ronda Noble**, 23, Stanberry, at 1800 block South. Main and Business Hwy 71 at 1:47 p.m.

**9/16**

**James Arp**, 58, Ogden, Kan., and **Larry Taff**, 55, Eagleville, Mo., at U.S. Hwy 136 and U.S. Hwy 71 at 11:57 a.m.

**9/18**

**Bradley Luke**, 22, Stanberry at 1600 block South Main & Business Hwy 71 at 3:58 p.m.

**Arrests****9/11**

**12:35 a.m.**  
**Emily L. Neal**, 19, St. Joseph, Mo., MIP, 400 Block North Buchanan

**9/12**

**8:52 a.m.**  
**Nathan K. Reed**, 20, Skidmore, Mo., driving while suspended, exceeding posted speed limit, 300 Block First Street

**9/13**

**1:16 a.m.**  
**Tyler J. Wittstruck**, 20, Maryville, MIP, littering, 500 Block North Fillmore

**11:02 p.m.**

**Skyler Anderson**, 19, Maryville, MIP, 300 block West Third Street.

**Jessica Edwards**, 18, Maryville, MIP, 300 block West Third Street.

**9/14**

**2:11 a.m.**  
**Kayli Burrell**, 20, Maryville, DWI, MIP, equipment violation, 1400 block South Main.

**9/14**

**7:17 p.m.**  
**Robert Elfrank**, 23, Kansas City, excessive acceleration, failure to maintain financial responsibility, 200 block East Fifth Street.

**9:36 p.m.**

**Daniel Florence**, 21, Maryville, no valid driver's license, 1500 block Country Club Road.

**9/15**

**11:24 p.m.**  
**Craig Wilt**, 20, Maryville, MIP, 400 block South Main.

**9/16**

**12:40 a.m.**  
**John Goodin**, 19, Maryville, permitting peace disturbance, MIP, disorderly conduct, 800 block North Buchanan.

**Brandon Parsons**, 19, Maryville, permitting peace disturbance, MIP, 800 block North Buchanan.

**Mitchell Roger**, 19, Maryville, permitting peace disturbance, MIP, 800 block North Buchanan.

**2:01 a.m.**

**Brent Shepherd**, 23, Maryville, permitting peace disturbance, 800 block North Walnut.

**Nathaniel Oster**, 24, Maryville, permitting peace disturbance, disorderly conduct, obstructing a public safety officer, resisting or

**PUBLIC SAFETY**

Interfering with arrest, 800 block North Walnut.

**4:49 p.m.**

**Katlin Wilson**, 19, Maryville, failure to maintain financial responsibility, exceeding posted speed limit, 600 block East Seventh Street.

**5:14 p.m.**

**Robert Savage**, 54, Maryville, driving while suspended, failure to maintain financial responsibility, exceeding posted speed limit, 700 block Country Club Road.

**7:12 p.m.**

**Johnathan Brisbin**, 19, Bates City, Mo., MIP, MIP by consumption, failure to stop at a posted stop sign, improper registration, zero tolerance, 200 block West Ninth Street.

**10:59 p.m.**

**Ronald Marah**, 19, Kansas City, Mo., MIP, 400 block North Buchanan.

**10:49 p.m.**

**Colin Wilmes**, 20, Maryville, MIP, 200 block West Seventh Street.

**Sean Connolly**, 19, Maryville, MIP, 200 block West Seventh Street.

**11:27 p.m.**

**Jenna Herr**, 19, Maryville, MIP, 800 block North Buchanan.

**Michelle Schmitz**, 20, Maryville, MIP, 800 block North Buchanan.

**11:36 p.m.**

**Cameron Williams**, 20, Maryville, MIP, 400 block North Buchanan.

**Bronson Williams**, 24, Maryville, supplying alcohol to a minor, 400 block North Buchanan.

**11:34 p.m.**

**Ann Clark**, 20, Maryville, MIP, 400 block North Buchanan.

**9/17**

**12:01 a.m.**  
**Joshua Wilmes**, 19, Maryville, MIP, 600 block West Second Street.

**Cody Pivalar**, 19, Maryville, MIP, 600 block West Second Street.

**Landon Bosio**, 18, Maryville, MIP, 600 block West Second Street.

**12:35 a.m.**

**Craig Kolthoff**, 20, Maryville, MIP, 400 block North Buchanan.

**1:00 a.m.**

**Anthony Voltz**, 19, Maryville, MIP, 600 block North Dewey.

**1:26 a.m.**

**April Beeney**, 17, Maryville, for failure to appear, 400 block North Market Street.

**8:06 p.m.**

**Samuel Pitts**, 17, Maryville, assault — third degree, 100 block North Buchanan.

**9/18**

**12:33 a.m.**  
**Scott Honeyman**, 19, Red Oak, Iowa, MIP, equipment violation, zero tolerance, 700 block South Main.

**1:21 a.m.**

**Lamar Gibson**, 19, St. Joseph, Mo., zero tolerance, MIP, failure to yield from a stop, 100 block East Third Street.

**2:16 a.m.**

**Christopher Salinas**, 17, Conception, Mo., no valid driver's license, equipment violation, 100 block South Main.

**12:32 p.m.**

**Sean Welch**, 19, Maryville, leaving the scene of an accident, 300 block North

Mulberry.

**Ongoing Investigation**  
**9/14**

**4:43 p.m.**  
Location Unknown  
Lost or stolen property

**9:26 a.m.**

1400 block West Fourth Street  
Burglary — second degree

**9/15**

**5:53 a.m.**  
500 block North Buchanan  
Larceny

**6:36 p.m.**

Recovered Property  
1100 block South Main  
Wallet recovered

**5:36 p.m.**

Mozingo Lake  
Lost/stolen property

**9/15**

**4:59 p.m.**  
600 Block North Mulberry  
Bicycle

**9/16**

**1:26 p.m.**  
500 block Prather Avenue  
Larceny/stealing

**9/17**

**7:12 p.m.**  
3100 block East First Street  
property damage — second degree

**MUNICIPAL COURT**  
8 / 30 / 05**Speed**

**Shaun J. Green**, Maryville, \$79.50  
**Tiffany N. Zarling**, Overland Park, Kan. \$132.50

**Stop sign/light**

**Joel M. McGinness**, Maryville, \$595.50

**Failure to yield**

**Marilyn J. Ingels**, Maryville, \$97.50

**Seat belt violation**

**Bethany L. Aleantar**, Maryville, \$10

**Improper registration**

**Brian C. Raymond**, Stanberry, Mo., \$72.50  
**Shaun J. Green**, Maryville, \$50  
**Christopher H. Smith**, Maryville, \$50

**Defective equipment**

**Johnathon R. Zimmerman**, Maryville, \$335  
**Daniel J. Christensen**, Maryville, \$297.50

**No insurance proof**

**Rashandra M. Banks**, Kansas City, Mo., \$197.50  
**Bonnie B. Jasper**, Maryville, \$372.50  
**Brian C. Raymond**, Stanberry, Mo., \$350  
**Christopher H. Smith**, Maryville, \$350

**No valid drivers license**

**Thomas A. Parkin**, Maryville, \$372.50

**Careless and imprudent driving**

**Clara D. Mandlin**, Maryville, \$97.50

**Jillian M. Lawyer**, Maryville, \$97.50

**Katie L. Kousgaard**, Maryville, \$595.50

**Improper registration**

**Brian C. Raymond**, Stanberry, Mo., \$72.50  
**Shaun J. Green**, Maryville, \$50  
**Christopher H. Smith**, Maryville, \$50

Driving while license revoked  
**Crystal L. Coffelt**, Maryville, \$522.50

Driving while suspended  
**Christopher H. Smith**, Maryville, \$522.50

**Disorderly conduct**

**Jason J. Smith**, Sioux Falls, S.D., \$225  
**Jed M. Antle**, Bethany, Mo., \$122.50  
**Kyle C. Fowler**, Maryville, \$272.50

Failure to comply  
**Jed M. Antle**, Bethany, Mo., \$250.50

**Heather D. Francis**, Maryville, \$272.50  
**Clinton B. Bennett**, Maryville, \$272.50  
**Brian J. Bennett**, Maryville, \$272.50  
**Kristopher D. Cox**, Eagleville, Mo., \$272.50

Minor in possession of alcohol  
**Heather D. Francis**, Maryville, \$200  
**Megan J. Nielsen**, Orange City, Iowa, \$222.50  
**Christopher J. Hanson**, Maryville, \$222.50  
**William A. Moberly**, Maryville, \$222.50

Open container  
**Katie L. Kousgaard**, Maryville, \$250

Property damage  
**Bryan L. Heckman**, Portland, N.D., \$272.50

Dog at large  
**Dean L. Guyman**, Maryville, \$72.50

Nuisance violation  
**Lance Loebis**, Maryville, \$72.50  
**Danny K. Pankau**, Jameson, Mo., \$72.50

Failure to pay parking ticket(s)  
**Robert W. Crowe**, Urbandale, Iowa, \$32.50

Failure to appear  
**Jerry L. VanPelt**, Maryville, \$72.50  
**Clarence Melbert IV**, Martin City, Mo., \$72.50  
**Jeffery T. Harp**, Omaha, Neb., \$122.50  
**Joshua R. Derry**, New Market, Iowa, \$72.50  
**Bethany L. Aleantar**, Maryville, \$97.50  
**Shaun J. Green**, Maryville, \$72.50

Failure to pay fines as agreed  
**Clarence Melbert IV**, Martin City, Mo., \$97.50  
**Jerry L. VanPelt**, Maryville, \$97.50

**BIRTHS**

**Barbara Stiff**, Hot Springs Village, Ark.

**Gunner David Smith**

Tyler and Heather Smith, Maryville, are the parents of Gunner David Smith, born Sept. 1 at St. Francis Hospital in Maryville.

He weighed 7 pounds, 15 ounces.

His grandparents are Joe and Marie Ney, Hanston, Kan.; and David and Lona Smith, Everest, Kan.

**Kyara Mae-Elizabeth Keller**

Carly Albright and Mark Keller are the parents of Kyara Mae-Elizabeth Keller, born Sept. 6 at St. Francis Hospital in Maryville.

She weighed 8 pounds, 12 ounces and joins siblings Keaton Albright, Ebonee and Manogance Keller.

Her grandparents are Viola Crum, Maryville; Mike Albright, Bedford, Iowa; and Renee Walston, Bedford, Iowa.

**Andrew John (AJ) Willard II**

Andy and Amy Willard, Maryville, are the parents of Andrew John (AJ) Willard II, born Sept. 6 at St. Francis Hospital in Maryville.

He weighed 8 pounds, 4 ounces and joins siblings Taylor and Baylee Willard.

His grandparents are Rego and Winifred Jones, Maryville; and John and Deanna Willard, Evansville, Ind.

**DEATHS**

Nodaway Valley Bank.

**Charlotte Auten**

Charlotte Auten passed away at her home on Saturday, Sept. 17.

Charlotte was employed by Aramark and worked in the food court area.

Services for Charlotte were at 1 p.m. Tuesday, at the Skidmore United Methodist Church in Skidmore, Mo.

Memorials may be made to the Skidmore United Methodist Church or to SSM Hospice of Northwest Missouri.

**Vanessa Ashlyn Hill**  
Jacob and Trisha Hill, Bedford, Iowa, are the parents of Vanessa Ashlyn Hill, born Sept. 7 at St. Francis Hospital in Maryville.

She weighed 8 pounds, 10 ounces and joins one brother, Trey.

Her grandparents are Teresa Moore and Darwin Force, Bedford, Iowa; Tom Moore, Lenox, Iowa; Lorelei and Stephen Rusco, Grivity, Iowa; and Richard and Marlene Hill, Clinton, Mo.

**Cooper Joseph Gastler**

Chad and Amy Gastler, Maryville, are the parents of Cooper Joseph Gastler, born Sept. 7 at St. Francis Hospital in Maryville.

He weighed 7 pounds, 9 ounces and joins one sister, Kamryn.

His grandparents are Connie Riggs, Maryville; Jerry and Mary Riggs, Maryville; and Steve and Melinda Gastler, Martinsburg, Mo.

**Ava Claire Stiff**

Tina and Tim Stiff, Maryville, are the parents of Ava Claire Stiff, born Sept. 2 at St. Francis Hospital in Maryville.

She weighed 6 pounds, 11 ounces and joins one brother, Mason, and one sister, Olivia.

Her grandparents are Mickey Ebrecht, Skidmore, Mo.; Virgil and Mary Ebrecht, Elberfeld, Ind.; and Bill and

**Rebecca Greeley**

Rebecca Greeley passed away on Sunday, Sept. 18, at Heartland Regional Hospital.

Becky was a 1983 graduate of Northwest and was employed by the Bearcat Bookstore for 20 years.

Visitation was Tuesday from 6 – 8 p.m. at the Danfelt Funeral Home. Services were Wednesday, at the Clearmont Baptist Church, Clearmont, Mo.

In lieu of flowers, a memorial fund has been set up for her three children at

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# Maryville reaches for wallets to support those hit by Katrina's wrath



ABOVE: Ben Collier and Ryan Collier talk amongst themselves at the Hurricane Relief Benefit on Wednesday night.

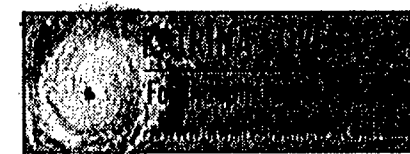


PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

The Maryville Community Center played host to a spaghetti dinner to benefit victims of Hurricane Katrina. Officials said over \$6,500 was raised through donations and a raffle.

For more on Hurricane Katrina and the effects it has had on Maryville and the surrounding area visit

www.nwmissourianews.com



CONTRIBUTING TO THE hurricane relief effort, Jolaine Zweifel deposits a check into the donation box located at the entrance of the Maryville Community Center's gymnasium.



PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER



TOP RIGHT: Lori Durbin places raffle tickets into a box that she hopes will win her a 4 X 4 All Terrain Vehicle at the Hurricane Relief Benefit. All proceeds from the raffle will go to the Hurricane relief fund.

ABOVE: The gymnasium of the Maryville Community Center was temporarily renovated into a cafeteria while it hosted the Hurricane Relief Benefit on Wednesday.

LEFT: Stacy Bundridge talks with a co-worker at the Hurricane-Relief effort held at the Maryville Community Center.

## LEADS: Community lends helping hand, fork for victims

continued from A1

Neustadter, retired Maryville resident. "I think the event is terrific. It's nice to see so many community members here, especially the kids."

More than just a "good turnout" and "great food," benefit attendees were happy to see a locally-sponsored event.

"It went over very well," said Robert Dewhirst, professor of history, humanities, philosophy and political

science. "It's nice to do something here in Maryville to help out the people (on the Gulf Coast)."

"The raffle was a good idea, too. People end up winning something they actually wanted to win."

Those in attendance had a chance to win various prize packages. Items in the raffle included football game tickets, tanning and massage sessions, steaks, pedicure packages, an autographed football, an ATV and more.

## CAGLE: Cagle, Roberts to perform

cracked the top 40 charts produced by Radio and Records, Inc.

Lawson said as of Tuesday, 321 tickets had been sold out of 2,603.

All seating for the concert will be reserved, with 900 seats available on the floor near the stage.

The council is also presenting Margaret Cho Wednesday Oct. 12.

Student Activities Council member Logan Galloway said an opportunity to bring in a nationally-known comic like Cho was too good to pass up.

"We've had Ellen DeGeneres in the past I think, but that was before I was here," Galloway said. "Cho is popular, plus she is freaking hilarious."

Galloway said bringing in a comedian was just another part of the groups effort to find activities that will interest all niches of the student population.

Plans call for another large concert to be held again in the spring, but that likely won't be announced until January or later.

"We have to find dates that are available first," Lawson said. "From there we go and try to find performers that fit what we are looking for."

Tickets for both shows are available at the Student Services desk in the Administration Building or by calling 562-1212.

## EVENTS: Weekly events part of new Activity Fee's benefit

continued from A1

with slot machines, poker and an oxygen bar. On Nov. 17 a comedy show featuring Eric O'Shea and Gerry Dee will be held.

"I think the fee is a great idea if it brings better entertainment to Northwest," Sophomore Amber Hogue said.

Notice the fee is termed activity fee; not an entertainment fee. Cornett wants students to be aware the \$350,000 generated from the fee encompasses such things as speakers and forums as well.

The proposal also created a Student Activities Council who poll students about the type of entertainment they would like and submit the

list to the Campus Activities Office for approval.

Cornett encourages students to get involved in the council by joining one of the committees if they would like to take an active role in agenda setting.

Do not fret if country music isn't your thing; pop music and alternative ranked close behind on polls, and the spring trimester activity line-up is yet to be determined.

"Students can expect to see another survey," Cornett said. "There's a lot of planning for the spring left to do."

Those interested in getting involved with the Student Activities Council should contact Jeremiah Lawson at 562-1226.

## Dramatic landing for plane

Associated Press

LOS ANGELES - A Jet-Blue airliner with faulty landing gear touched down safely Wednesday at Los Angeles International Airport after circling the region for three hours with its front wheels turned sideways, unable to be retracted into the plane.

The pilot landed on the back wheels, then eased onto the front tires, which shot flames along the runway before tearing off. The metal landing gear scraped for the final yards as the plane came to a stop.

Within minutes of landing, the plane's door was opened and the 140 passengers walked down a stairway with their luggage and onto the tarmac, where buses waited.

"We all cheered. I was bawling. I cried so much," said Christine Lund, 25.

Zachary Mascon said it was surreal to watch the emergency unfold on news coverage on a television inside the plane. At one point, he said, he tried to call his family, but his cell phone call wouldn't go through.

"I wanted to call my dad

to tell him I'm alive so far," the 27-year-old musician said.

He praised the flight crew's professionalism and how calmly they handled the emergency.

The plane landed at an auxiliary runway where fire trucks and emergency crews had massed to help. No injuries were immediately reported among the passengers and six crew members, fire officials said.

"It was a very, very smooth landing. The pilot did an outstanding job," said fire Battalion Chief Lou Roupoli.

## Rita sets her sights on Texas

Associated Press

GALVESTON, Texas - Gaining strength with frightening speed, Hurricane Rita swirled toward the Gulf Coast a Category 5, 165-mph monster Wednesday as more than 1.3 million people in Texas and Louisiana were sent packing on orders from authorities who learned a bitter lesson from Katrina.

"It's scary. It's really scary," Shalonda Dunn said as she and her 5- and 9-year-old daughters waited to board a bus arranged by emergency authorities in Galveston. "I'm glad we've got the opportunity to leave. ... You never know what can happen."

With Rita projected to hit Texas by Saturday, Gov. Rick Perry urged residents along the state's entire coast to

begin evacuating. And New Orleans braced for the possibility that the storm could swamp the misery-stricken city all over again.

Galveston, low-lying parts of Corpus Christi and Houston, and mostly emptied New Orleans were under mandatory evacuation orders as Rita side-swiped the Florida Keys and began drawing energy with terrifying efficiency from the warm waters of the Gulf of Mexico. Between 2 a.m. and 4 p.m., it went from a 115-mph Category 2 to a 165-mph Category 5.

Forecasters said Rita could be the most intense hurricane on record ever to hit Texas, and easily one of the most powerful ever to plow into the U.S. mainland. Category 5 is the highest on the scale, and only three

Category 5 hurricanes are known to have hit the U.S. mainland — most recently, Andrew, which smashed South Florida in 1992.

Government officials eager to show they had learned their lessons from the sluggish response to Katrina sent in hundreds of buses to evacuate the poor, moved out hospital and nursing home patients, dispatched truckloads of water, ice and ready-made meals, and put rescue and medical teams on standby. An Army general in Texas was told to be ready to assume control of a military task force in Rita's wake.

"We hope and pray that Hurricane Rita will not be a devastating storm, but we got to be ready for the worst," President Bush said in Washington.



## 'Hounds hope for turnaround

By Brendan Kelley  
Assistant Sports Editor

If the Maryville Spoofhounds were writing a novel about their season the first two chapters would be a little grim. The 'Hounds dropped their season opener against Cameron which they followed up with a loss on the road to Chillicothe.

As with any good story, the home team always ends up fighting back and that's what the 'Hounds are hoping for when they line-up against Excelsior Springs Friday night in Excelsior Springs.

"We really need to get a win to get rolling this year," sophomore Tyler Oglesby said. "It would get our fans

back and involved."

California somewhat resembles Maryville in that they have a youthful team that is capable of accomplishing a lot this season.

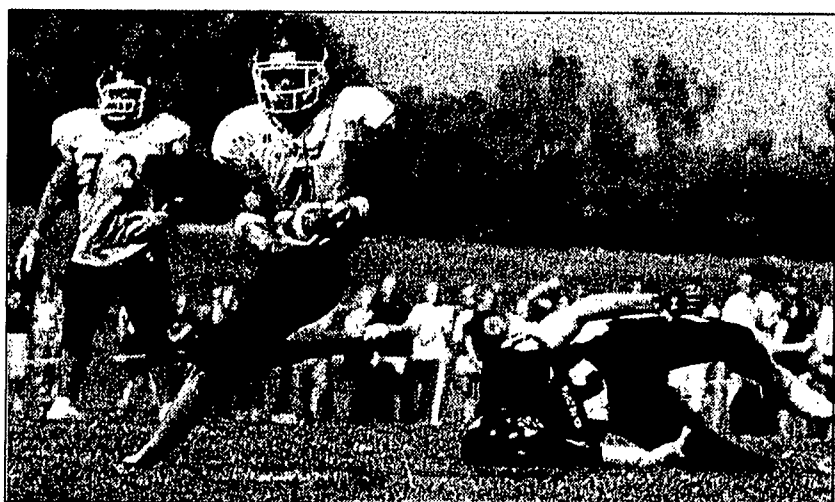
"They're young and growing just like we are," Coach Paul Miller said. "They are technically very sound, they're very patient and do a lot of good things on the ball."

The 'Hounds have had an extra week to prepare for the game with the bye week last week. They have used that time to make some changes and prepare for Friday.

"I think that the extra time has helped a lot," Miller said.

see **HOUNDS** on B4

Maryville (0-2)  
vs.  
California (0-3)  
at  
Excelsior  
Springs  
7 p.m.



**KENDALL WRIGHT** strides into the endzone Saturday in a 31-21 victory over Missouri Western. The Bearcats improved to 3-1 on the year and now prepare for Missouri Southern this weekend.

## Plenty of passing in store for 'Cats

By Jerome Boettcher  
Sports Editor

If there was any thought that the Northwest football team could breathe easier now that rival Missouri Western was out of the way, coach Mel Tjeerdsma erased that idea quickly Tuesday after practice.

"Should we be concerned? I would think so, after what they did last year," Tjeerdsma said.

What Missouri Southern did against the Bearcats last year was pass for 419 yards and lead 7-0, the first time last season the 'Cats allowed an opponent to score first.

"I think we'll be fine, we've done a really good job," Tjeerdsma said. "The key is our defensive line, if they get off the ball and control the line of scrimmage, if we could put pressure on their quarterback with a four-man rush then they're not going to have a lot of passing yards against us."

The Bearcat offense didn't struggle against Southern either as they threw for 606 yards in their 55-19 win. However, it's a different year for both teams. Southern is coming off a 49-20 loss to No. 8 Pittsburg State and sits at 2-2 on the season and 1-1 in the conference.

The Lions have a new quarterback, Adam Hinspeter, who has completed 75 percent of his passes and averages 290 yards per game. Hinspeter has only thrown one interception.

"It is a little bit (of a concern) but not for real because it's a totally different team," cornerback Brandon Clayton said. "I know they threw for 419 last year but it's a new season, I heard they got a new quarterback, so hopefully we can flip the tables."

Southern's defense only allows 217 passing yards per game but allows 164.5 rushing yards per game.

see **PASSING** on B2

## 'Cats fall in 5 games; Truman up next

By Andy Timko  
Missourian Reporter

The Bearcat volleyball team could not beat one of their foes Wednesday as Missouri Western stopped the 'Cats bid for a home win.

The 'Cats (6-9) played five close games with the Griffons but could not prevail, losing (26-30, 25-30, 30-22, 30-27, 13-15).

"Anytime you can go five games with a team in the MIAA it's good," Coach Lori Slight said. "We're improving every game."

The Griffons took early leads in the first three games and shut down the 'Cats until late in the third game.

With the score tied at 20 the 'Cats scored 10 points while only giving up two to win the game.

"I think we were pretty sick of getting beat in three," outside hitter MacKenzie Heston said.

"Things didn't go our way, but we fought to the end."

By winning game four the 'Cats forced a game five and a chance at winning the match.

A few quick errors and the Griffons had an 11-5 lead.

After scoring five points in a row the 'Cats were within one of the lead, but errors again proved costly and the game was lost.

"We messed up a couple passes and we started to question ourselves," outside hitter Sarah Trowbridge said. "We need to learn to start from the beginning. We need to play the first 15, not the second 15."

Heston posted 19 kills on the night and Molly Hankins and Katie Stilwell both had 29 assists. Stilwell moved into the No. 7 spot in Bearcat career assists with 1,187. Freshman Amy Bonker contributed five solo blocks on the night.

The 'Cats are back in action at 4 p.m. Saturday at Truman State

# Group trades cleats in for clipboards

### Not so fresh faces

Five Bearcats from last season have left the field and headed for the sidelines as either graduate assistants or volunteer coaches.



**Chad Bostwick**  
2004 Honorable Mention All-MIAA Linebacker. Currently serves as graduate assistant.



**Steve Morrison**  
Former Bearcat defensive back. Currently serves as student assistant.



**Eric Goudge**  
Served as long snapper for four straight years. Currently serves as student assistant.



**Tony Glover**  
Two-Sport Athlete at Northwest. Currently serves as graduate assistant.



**Troy Tysdahl**  
2004 All-MIAA Linebacker. Currently serves as student assistant.



**TONY GLOVER** gives out instruction during a recent Northwest game. Glover along with several other former Bearcats have taken on the role of coaching.

## A handful of last year's seniors now act as coaches for 'Cats

By Jerome Boettcher  
Sports Editor

Troy Tysdahl anxiously watches from above as the two teams fight it out.

He sits in concentration watching the plays develop, his attention intensely focused on the game.

For awhile play goes on as normal and the game unravels like a scripted novel. Suddenly, there is a pop and Tysdahl's eyes light up in a marked change from his normal state of concentration.

"I just want to hit somebody," he says. "I'm even farther away from the action a little bit, but that's probably better for me because I get kind of vocal and I want to be out there."

Tysdahl isn't on the field, he's not in the game. His playing career is over but in order to stay with the game he loves so much he sits in a box high above the field, observing players and plays, watching for little miscues to build on for the next game.

He no longer hits players, he no longer makes the big plays but instead he teaches others how to hit, how to make the big plays.

Tysdahl is a coach, a big jump from a season ago in which he was

on the field for the Bearcats lighting opponents up. He teaches young linebackers his knowledge of the game, his secrets; it's his way of staying with the game.

Tysdahl, however, is not alone. Four other former teammates join him who continued on with the Northwest tradition but in a different light.

Tony Glover, Chad Bostwick, Steve Morrison and Eric Goudge all serve as assistants for the Bearcat football team. All of them were on the field a year ago.

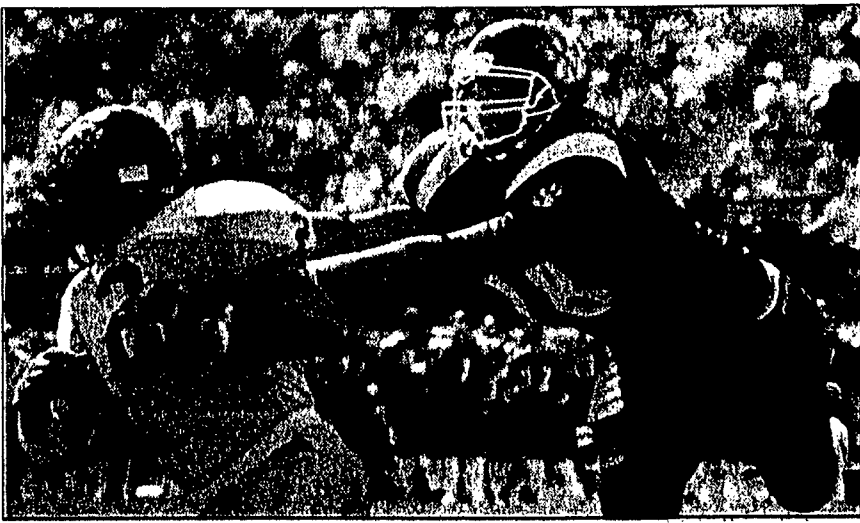
Though the others' enthusiasm might not be expressed as vocally as Tysdahl's, it's still there and that's why they continue coaching.

For some of the new coaches it's tough to adjust to the authority figure of being a coach, to remember these are their students first, friends second.

"That's always a tough thing when you're in that position but I don't think that's been an issue all this year," Coach Mel Tjeerdsma said.

They know what their duty is. Besides three of them, excluding Tony Glover and Chad Bostwick, who are graduate assistants, are

see **COACHES** on B2



**TROY TYSDAHL** along with a handful of other former Bearcats now coach Northwest players. Tysdahl was selected all-MIAA during his senior season.

## THE NEXT FIVE



MSSU  
Sept. 24  
1 p.m.  
Bearcat Stadium



@ Emporia State  
Oct. 1  
2 p.m.



Washburn  
Oct. 8  
1 p.m.  
Bearcat Stadium



CMSU  
Oct. 22  
1:30 p.m.  
Bearcat Stadium



Pittsburg State  
Oct. 29  
2 p.m.  
Arrowhead Stadium  
Contact the Student Services Desk  
562-1212 for ticket info.

WHO'S WHERE?  
THE MIAA THIS WEEK

Saturday Sept. 24  
MWSU@TSU 12 p.m.  
Washburn@SBU 1:30 p.m.  
ESU@PSU 2:00 p.m.  
Central Missouri idle

LAST WEEK?  
MIAA GAMES

Central Missouri 69  
Truman State 17

Emporia State 45  
Southwest Baptist 28

Pittsburg State 49,  
Missouri Southern 20

C. Washington 48,  
Washburn 42

AFCA Division II  
Coaches' Poll

1. Grand Valley St. (Mich.) (16)
2. North Dakota (5)
3. Texas A&M-Kingsville
4. Nebraska-Omaha
5. Carson-Newman (Tenn.) (1)
6. East Stroudsburg (Pa.)
7. Pittsburg St. (Kan.)\*
8. Valdosta St. (Ga.)
9. Saginaw Valley St. (Mich.)
10. Northwest Missouri St.
11. Tuskegee (Ala.)
12. Arkansas Tech
13. St. Cloud State (Minn.)
14. South Dakota
15. Michigan Tech
16. Albany St. (Ga.)
17. Albion St. (Texas)
18. North Alabama
19. Northwood (Mich.)
20. Edinboro (Pa.)
21. Bloomsburg (Pa.)
22. Catawba (N.C.)
23. Delta St. (Miss.)
24. Harding (Ark.)
25. Shepherd (W. Va.)

\* indicates conference teams



PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

SENIOR DAVE TOLLEFSON recorded four sacks Saturday against Missouri Western. Tollefson and the defense held the high-octane Griffon offense to just 99 passing yards.

Sack record nearly falls;  
Tollefson has huge game

By Jerome Boettcher  
Sports Editor

In a game full of uncertainties, the Northwest football team put together probably their best performance of the season in a 31-21 victory over conference rival Missouri Western on Saturday.

Without starters Steve Williams, Cody Campbell and Xavier Omon, the Bearcats used strong offensive performances from quarterback Josh Lamberson and running back Mitch Herring to produce their highest point total of the season.

After Missouri Western cut the score to 24-21 with over 11 minutes left in the game, Northwest responded. Sparked by a 49-yard pass play to Kendall Wright, the Bearcats marched 80 yards down the field in six plays to add some insurance. The drive was capped off by a five yard rushing touchdown by quarterback Josh Lamberson.

"For Josh to have three touchdown passes then for him to be able to score the last touchdown for him that had to be real satisfying—I know it was for me—because of the grief he's had in the last two times we've played (Western)," Tjeerdsma said.

The game marked the first time Lamberson has faced Western without getting hurt. Two years ago he hurt his ankle and last season he endured a season-ending hip injury against the Griffons.

"It really wasn't in the forefront of our minds coming into the week but it was probably in the back, somewhere back there, just the weird jinx that had happened the last two years against Missouri

Western," Lamberson said. "That's over and done with and now we can just concentrate on getting through the rest of the season, hopefully healthy, and having our offense starting to click a little bit and really start to get going."

Lamberson hooked up with eight different teammates for 242 yards on 21-of-30 passing and three touchdowns.

For the running game, Herring replaced Xavier Omon, who had an ankle injury, and rushed for 134 yards and one touchdown.

On the defensive side, Missouri Western quarterback Michael Burton, who was the top passing quarterback in the conference, was held to 99 passing yards.

Senior captain Dave Tollefson sacked Burton four times—a half a sack shy of the school record. He also had one blocked ball and one blocked punt.

"We worked on it all week, I just threw the swim move in and it was like I saw the white light, it was there," Tollefson said.

The blocked punt led to Northwest's first touchdown because on the 'Cats very next play Lamberson found tight end Jon Goss for a three-yard touchdown.

Though both sides played well, the team still thinks they could have done better. The Bearcats had 10 penalties for 74 yards and Lamberson thought most of his incompletions (nine) could have been completed.

"You always want to be better, you can never really be satisfied with your performance but definitely to date I felt the best I felt coming out of a game," Lamberson said.

## Changes in Ticket Policy

The Northwest athletic department has changed its ticket policy. Starting this Saturday, the box office will be opened earlier. The booth will open at 10:30 a.m. and the gates will open at 11:30 a.m. For more information call (660) 562-1212.

COACHES: Staying involved a  
reason for coming back

Continued from B1

graduate assistants, are volunteers. They don't have to do this, they want to.

"At first I really couldn't decide if it was easier or harder, because out at practice you want to be out there actually playing," Tysdahl said. "Then I thought about it and if I was at home I'd miss it more."

To the players, some of whom are close friends, these coaches are respected. They know the former players know what they are talking about. They saw them do it on the field.

Some are inspired by their wisdom, maybe influenced enough that it could be a future ambition down the road.

The coaches say their desire to stay in Maryville, to coach, to stay with the program is because the environment they are surrounded by has influenced them the most.

What Tjeerdsma teaches inspires them to pass on his wisdom. Through their respective speciality they are doing that.

Though long snapping might not seem like much to the average fan, for four years it was Eric Goudge's job. His coaching does not go unnoticed as his particular area was clearly evident in the first game in which two snaps went awry. The education major now teaches his trade and eventually Goudge says he may coach somewhere.

This is a step, it might not seem like much, an unpaid job that doesn't get a lot of credit but it's what they want to do.

"You can't do it for a better program and you get your name out there and make some pretty good contacts with these coaches," Goudge said.

Tony Glover is holding out for a national championship, something he couldn't get during his playing career. His last season ended early because of an achilles tendon injury and now he coaches a secondary faced with adversity.

"Initially I just did it just because I needed to stay in rehab, to be honest," Glover said. "But I really find that I have a passion for it and it's something I could see myself doing for quite some time."

Steve Morrison's career also was hampered by injury. Morrison suffered five knee injuries throughout his play-

ing career and did not play his senior year. Morrison was offered a scholarship to be a student assistant this year and helps coach the safeties.

"I love football and I mean I couldn't just leave," Morrison said. "They give me an opportunity to come out and help out so I couldn't turn that down."

Though the family environment encourages some former players to stay, for one new coach it runs in the family. Chad Bostwick sits in the shadow of his older brother Scott Bostwick, the defensive coordinator.

Chad not only gets to coach along side his brother but those friends he has gained through his years at Northwest also are still with him.

"It's great still being around Troy, he came in the same year and (we) were roommates freshman year and we've been roommates and friends ever since then," Chad said. "It's good being around here, I wouldn't want to be a grad assistant anywhere else."

Players are quick to say that this is a family, it is an atmosphere you don't want to leave. A place where players feel appreciated and acknowledged.

Those with the program agree that is why the team traditionally performs well, why so much pride comes with putting on a Northwest football uniform.

"We really are like brothers out here, we'd do anything for anybody. From the coaching staff on down to the managers, I think if you ask anybody to a man they would give their shirt off their back for anybody on this team," quarterback Josh Lamberson said. "I think that's a great testament to Coach T and the rest of the coaching staff for what they've created here. (It's) just a very comfortable pleasant family atmosphere to be around."

Lamberson hopes to be the next new coach on the staff. He wants to share his knowledge with newcomers, with the rest of the team.

The love that Tjeerdsma expresses and preaches to his players carries on to the next generation and now plays a pivotal part in the lives of the young men he has helped mold.

That much is evident by those who stick around and help, even after their playing days are done.

## Defensive End earns honors

For the second straight week a Northwest player was named the MIAA Defensive Player of the Week. Defensive end Dave Tollefson received the honor for his performance against Missouri Western. Tollefson recorded four sacks, a blocked punt and a batted ball. The senior captain was a half a sack away from the school record.

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## PASSING:

### Bearcats not looking past Mo. Southern

Continued from B1

"They're not overly big but they're a very fast defense, I think we're going to have to try to take advantage of that, maybe run up inside of the tackles again this weekend," Lamberson said.

"We'll see how Xavier (Omon) is coming along with his ankle, he looked pretty good out here at practice (Tuesday). I think we ran the ball pretty well but I think we could run it better, so I think we'll do that a little better and see where that takes us."

Three starters sat out against Missouri Western and Xavier Omon will likely be the only one back against Southern. Omon was nursing a high ankle sprain he suffered against Truman State a couple weeks ago but Tjeerdsma said that he has been making progress in practice.

Senior captain and defensive tackle Steve Williams will likely sit for the third straight game with an abdominal and groin injury but might be back in action against Emporia State on Oct. 1. Tjeerdsma said offensive tackle Cody Campbell is out for an extended time and maybe for the rest of the season. He suffered pain early Sunday morning after Northwest's game against Truman.

However, despite all the adversity, backups offensive tackle Reid Kerby, running back Mitch Herring and defensive tackle Dallas Flynn filled the holes for the team and performed well.

"Some guys stepped up, that's what you have to have if you're going to have a good football team and you're going to be a good team then everybody's going to have injuries. The good teams step up and make up for it and that's what happened Saturday with our team," Tjeerdsma said.



**NORTHWEST'S MARGARET TRUMMER** tries to knock the ball loose from a Southwest Baptist player at Bearcat Pitch. Northwest dropped the contest 3-0 to Southwest Baptist.

## 'Cats lose games along with Gutschenritter

By James Evans  
Staff Writer

It was a tale of two halves. The first filled with action and scoring. The second a scoreless defensive struggle. For the Northwest soccer team, the tale was a sad one.

The Bearcats lost at home Tuesday night against perennial MIAA power Southwest Baptist University. The high powered offense of SBU was too much for the Bearcats defeating them 3-0.

The first half started with two quick saves by senior goalkeeper Michelle Goold in the first two minutes. Northwest battled to keep SBU away from their goal. Shannon Fitzgerald and Jamie Campbell had close shots that were nearly goals for Northwest. Goold faced numerous shots in the first 20 minutes.

The offense of SBU finally overwhelmed the Bearcats, scoring with 24 minutes left in the first half. That goal was quickly followed five minutes later by a shot that drifted over Goold into the goal.

Northwest stopped the

onslaught briefly by passing the ball downfield for a shot by Megan Kruger that was saved with 11 minutes left. Southwest Baptist scored one more time in the half with seven minutes left.

In the second, both teams came out slowly. Shots and goalkeepers' saves dominated the half. Northwest's defense kept the SBU offense from scoring in the second.

"Our defense played tighter together. We did a better job of getting to the ball first," Northwest defender Amy Jackson said.

Jackson also credited freshman goalie Megan Newland's work. "She did a great job," Jackson said.

Northwest faced SBU without the help of starting forward and leading scorer in the previous two seasons Beth Gutschenritter. Gutschenritter injured

her ACL in last Friday's loss against CMSU and is out for the season.

"We need to have a little bit of patience and confidence in ourselves and know that we can do it," Coach Tracy Cross said.

Adding another storyline to the game, Northwest midfielder/forward Kayla Griffin faced her old team for the first time since transferring this year.

"It was a pretty personal game because you know you want to go out and win. You want to play your best and make them wish you were still there," Griffin said.

Northwest will put the loss behind them as they prepare to go on the road to face Emporia State at 2 p.m. on Sept. 24.

"I know that we can play better and I know that we will play better," Cross said.

## Teams finish 19th

By Jared Littlejohn  
Staff Writer

Both the men's and women's cross-country teams ran at the annual Woody Greeno Invitational in Lincoln, Neb., and both finished 19th.

Freshman standout Anna O'Brien led the women's team, finishing the race 30th among collegiate participants. O'Brien finished with a time of 23:23 in the six-kilometer race, ranking her fourth fastest on the Bearcats all-time list. Second for Northwest was sophomore Karah Spader who finished in 24:08, for 70th place. Maggie McManigal ran a 24:35 for a 94th place finish.

The top four of eight runners on the women's team are freshmen, but coach Scott Lorek isn't worried.

"It's a good thing for the future, we're young but they are doing well," Lorek said.

The men's 19th place finish was actually 10th out of 20 collegiate teams, although it could have been better if it

weren't for the loss of Austin Huerta's shoe.

"His shoe was stepped on," Coach Richard Alsup said.

In the herd of 300 runners, Huerta didn't have a chance to get it back. He eventually had to leave the race.

"We didn't have a great race, but these are good young people," Alsup said.

Junior Matt Pohren finished the competition in 35th place with a time of 27:06 in the eight-kilometer race. Pohren has finished first for Northwest in each of the last three races.

Finishing 44th was junior Drew Wilson with a time of 27:16. Brandon Dart rounded out the top three for the 'Cats, finishing at 27:39.

The women's team prepares for their Oct. 1 meet at the Loyola Lakefront Invitational in Chicago, Ill. The men's team works toward their next race this weekend in Crete, Neb., at the Dean White Invitational.

## SPORTSBRIEF

On Tuesday Student Senate approved wrestling a student organization at Northwest.

It will be the first time that wrestling will be affiliated with the school in over 15 years.

Graduate student David Nugent, 23, will lead the club sport. The organization will be advised by Loren Butler

and Terry Robertson of the Health, Physical Education, Recreation and Dance department.

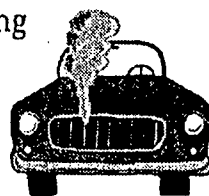
The group will practice at Albany High School, about 40 miles away from campus. Anyone still interested in joining can call David Nugent at (660) 349-9257.

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JENNIFER KISS  
KORI MCGINNIS  
MORGHAN NOLAND  
KELLY PETERSON  
RACHEL RAPP  
ANNA RATHJEN  
BRITNI ROBERTSON

LINDSEY ROBERTSON  
JACY ROHLFS  
MEGAN RYER  
JESSICA SHERMAN  
JODI SPOONEMORE  
MELISSA STROUD  
SHEENA SWEATMAN  
ALICA TOBIN  
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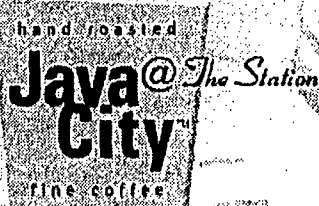
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## HOUNDS: Confidence high heading into showdown

Continued from B1

"Last week we talked about being confident and doing the things that we are capable of doing. I was very proud of them tonight they were very confident."

A keys for the 'Hounds against California and for the remainder of the season is getting good offensive line play.

"With this football team when our offensive line plays at it's best the entire team feeds off of that," Miller said. "The offensive line dictates this team's attitude."

In Chillicothe the 'Hounds made back to back defensive stands with their backs against the goal line. Turnovers, however, eventually led to Chillicothe getting their first score of the game. This is something that the 'Hounds know they must change.

"Our offense needs to help our defense by keeping the ball a little longer," senior lineman Dexter Partridge said. "We have a lot of young guys, but we have to give our defense a breather."

Football can be a complex game, but Miller believes that the problems the 'Hounds

are having right now can be answered with an easy solution.

"I would like to see more hustle on defense," Miller said. "We're only as strong as our weakest link and if we've got one guy out there not hustling then that's where the ball is going to go."

The game in Excelsior Springs will be the third start for first-year quarterback Kevin Schluter who is hoping to find some answers to the offensive miscues that have plagued the 'Hounds so far this season.

"Kevin has had some good practices this week," Miller said. "He's starting to see things in the passing game a little more clearly."

The most important factor for the 'Hounds the rest of the season has nothing to do with X's and O's. Instead, they are dealing with life lessons.

"The most important thing for us is to learn who we are and what we are capable of doing," Miller said. "Are we doing the things that we are capable of doing? Are we playing at 100 percent? Those are the things that they are going to learn and take with them through life."

Nodaway-Holt 54, South Nodaway 0  
S. Nodaway 0 0-0  
Nodaway-Holt 24 30-54

### First Quarter

N — B.J. McGary 40 pass from Russel Miller (Nate Jeter run)  
N — Jeter 65 run (Derek Derr run)  
N — Jeter 45 run (Derr run)

### Second Quarter

N — Miller 19 interception return (McGary pass from Miller)  
N — McGary 5 pass from Miller (pass failed)  
N — Jeter 15 run (Will Everhart run)  
N — Jeter 45 run (Everhart run)

### INDIVIDUAL STATS

RUSHING—N — Jeter 5-190. S — Tyler Salsbury 11-39.  
PASSING—N — Miller 3-3-0-62. S — Jason Cozine 2-9-2-19.  
RECEIVING—N — McGary 2-45. S — Clay White 1-13.

## Football Polls

### CLASS 3

1. Platte County (10) 3-0
  2. John Burroughs 3-0
  3. Salem 3-0
  4. (tie) Lutheran North 2-1
  4. (tie) St. Genevieve 3-0
  6. Cassville 3-0
  7. Odessa 3-0
  8. Herculaneum 2-1
  9. Harrisonville 2-1
  10. MICDS 3-0
- Dropped out: Grain Valley.  
Others receiving votes: Grain Valley (3-0) 14, Bolivar (3-0) 9, Oak Grove (3-0) 6, Mexico (3-0) 5, Seneca (3-0) 1, KC St. Pius X (2-1) 1.

### CLASS 2

1. Blair Oaks (10) 3-0
  2. Cameron 3-0
  3. El Dorado Springs 3-0
  4. Lawson 3-0
  5. Lutheran-St. Charles 2-1
  6. Montgomery Co. 3-0
  7. Charleston 3-0
  8. Monroe City 2-1
  9. Clark County 3-0
  10. Strafford 2-1
- Dropped out: Caruthersville, Cardinal Ritter, Mid-Buchanan.

### North Nodaway 51, Fairfax 0

Fairfax 0 0 0 0-0  
N. Nodaway 25 19 7 0-51

### First Quarter

NN — Jace Randle 30 INT return (kick failed)  
NN — Shawn Frueh 10 run (kick failed)  
NN — Free 21 pass from Randle (pass failed)  
NN — Doug McKee 3 fumble return (Randle kick)

### Second Quarter

NN — Quentin Blackford 4 run (run failed)  
NN — Randle 22 INT return (pass failed)  
NN — Cole Fisher 35 run (Randle kick)

### Third Quarter

NN — Randle 16 run (Randle kick)

Records — North Nodaway 3-0, Fairfax 0-3.

This week the Game of the Week crew will head to Graham, Mo. Nodaway-Holt (2-1) will play host to North Nodaway (3-0) at 7 p.m.

# Rockets rally late in first half to grab win

By Brendan Kelley  
Assistant Sports Editor

The West Nodaway Rockets used a strong running game and precise passing to earn a come behind win. The Rockets erased a 12-point deficit to win 48-34 over the South Holt Knights on Homecoming Friday night.

"It's pretty huge to get the win on homecoming," Coach Matt Messick said. "This is just what the kids need to get ready for the next few games."

South Holt jumped out to an early lead in the first quarter when running back Daniel Schuetz forced his way into the end zone from the one-yard line.

West Nodaway wasted no time responding as running back Chris Chitwood ran the ball in from the six-yard line. Chitwood then turned around and ran the ball in for the two-point conversion giving the Rockets an 8-6 lead with 7:24 left in the first quarter.

"Chris is a heck of an athlete," Messick said. "He's got a lot of determination and a lot of heart which makes him easy to coach."

South Holt scored one more time in the first quarter to take a 12-8 lead into the second quarter.

The Rockets would go down 20-8 with 6:37 remaining in the second quarter before they mounted their comeback.

With 2:04 left in the second quarter the Rockets grabbed their second touchdown of

the game to pull the score up to 20-14 and leave the Rockets down six going into the break.

At the beginning of the second half, the Rockets Kolton Jones blocked a punt to give his team excellent field position. Alan Calfee got into the end zone and Chitwood got the two point conversion to put the Rockets up 22-20 with 10:33 left in the third quarter.

"Mr. Momentum put on a blue jersey right there," Messick said. "Kolton blocked that punt and it seemed like the wind just went right out of their sails."

Bryant Major hauled in a five yard pass with 4:45 left in the third quarter to put the Rockets up 28-20.

South Holt tied the game back up with 3:45 left in the quarter, but it would be the last time they would be close to the lead.

The Rocket's Chitwood ran the ball into the end zone with 53 seconds left in the third quarter putting West Nodaway up 36-28.

"I have to give credit to my blockers tonight," Chitwood said. "As a team we showed tonight that we have a lot of heart."

The Rockets scored twice more in the fourth quarter and the Knights punched the ball in once to make the final score 48-34.

"Last year they kind of stuck it to us, so it felt good to beat them on our home field," quarterback Jesse Davison said.

The win against South Holt can be used as a measuring stick to tell the Rockets where they are and how the rest of the season could go.

"With going 2-8 last year I don't think anyone in our conference had great expectations for us," Messick said. "South Holt isn't any slouches and I think this game shows that we are right on the money."

### West Nodaway 48,

### South Holt 34

South Holt 12 8 8 6—34  
W. Nodaway 8 6 22 12—48

### First Quarter

SH — Noelsch 1 run  
WN — Chitwood 6' run (Chitwood run)  
SH — Scheib 16 pass from Ripley

### Second Quarter

SH — Schuetz 3 run (Scheib pass from Ripley)  
WN — Major 1 run

### Third Quarter

WN — Calfee 10 punt return (Chitwood run)  
WN — Major 4 run  
SH — Noelsch 46 pass from Ripley (Scheib pass from Ripley)  
WN — Chitwood 3 run (Davison run)

### Fourth Quarter

WN — McGinness 15 fumble return  
SH — Schuetz 2 run  
WN — Major 2 run

### INDIVIDUAL STATISTICS

#### RUSHING

SH — Noelsch 6-23.  
WN — Chitwood 34-205.

#### PASSING

SH — 17-33-3-241.  
WN — Davison 2-8-0-16.

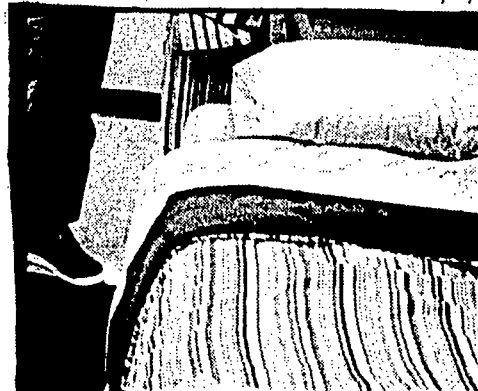
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PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

**MARYVILLE'S JON ROGERS** attempts to score against visiting Cameron Monday afternoon. The Spoofhounds came up short as they fell 5-4 to the Dragons.

## 'Hounds fall short again

By Cali Arnold  
Staff Writer

A slow defensive start came back to haunt the Maryville soccer team in the second half Tuesday.

The Spoofhounds dropped their game 5-4 to Cameron.

The Dragons came out strong again in the second half and scored three goals in only 10 minutes of play.

Cameron's Nils Hinzmann found a hole in the defense to score the first goal of the match in the first five minutes of play. Maryville didn't score until the 20th minute when Steven Scheffe scored his first of two goals to tie the score.

Jon Rogers soon followed with two goals of his own in the 25th and 35th minutes, and the Dragons scored again in the 41st to go into halftime with a lead of 3-2.

"The first 15 to 20 minutes of that second half I'd

like to take those back," Maryville Coach Stuart Collins said. "You can't come out flat against a team that's got two or three speedsters like that."

Scheffe was able to score in the 70th minute to put the game at 5-4.

Maryville unleashed several shots on goal, but the Cameron defense came up with the stops.

"I would more say the shots went to him (Cameron's keeper)," Collins said. "He might have saved two you know, good, but out of the ones we put on him at the end they all went to him."

Collins expressed disappointment with the loss but seemed pleased with his predominantly young team.

"When we're playing five to seven sophomores and freshmen at a time, if we didn't have them we'd be in big trouble," Collins said. "They are stepping up

so good....they are playing well."

Scheffe agreed. "Our team moved the ball really good. The defense let them get it through a couple times but in the end we did good," Scheffe said.

The 'Hound's midfielder scored two goals against Cameron and had several shots on goal.

"I had a couple mess-ups, but overall I think I had a good game," Scheffe said.

Maryville plays next at 4:00 p.m. today at Savannah, and again at 4:30 Tuesday at Smithville for two conference matchups.

"We have things we can work on and things we can do and we're gonna do them," Collins said. "They're growing, they're learning, they're getting their experience now which is tough to do in a varsity game, but you don't get a better opportunity to get a good experience."

## Volleyball team ends road trip positively

By Brett Barger  
Staff Writer

The Spoofhound volleyball team can begin their two-game homestand on a positive note after ending their long road trip with a three game victory over the Chillicothe Hornets Tuesday night.

The Spoofhounds lost the first game but rebounded to take the match with victories in games two and three (21-25, 27-25, 25-12).

Despite the win, Coach Steph Sunkten felt there were still some kinks that needed to be worked out.

"Defensively, we need to work harder on our digs," she said. "Tonight it was a total team effort but we had a lot of unforced errors, so if we cut down on the errors, we'll be much better off."

Kim Wolfer led the team with 14 kills. Sarah Scheffe led the team with 22 assists. On the serving side, Katie Wilmes was 18 of 19 with three aces.

The win moves Maryville's record to 9-7 and 1-1 in the Midland Empire Conference. The team resumes conference play at 7 p.m. Thursday night at home.

## Softball drops 2 on road; hopes to surprise teams again

By Jessica Nelson  
Staff Writer

With the season winding down, the Maryville Spoofhounds softball team lost both road games Monday and Tuesday. They fell 5-4 to Jefferson City on Monday and 3-2 to Platte County Tuesday.

The losses dropped the 'Hounds to 6-6 overall and 2-4 in the conference. There were bright spots in Monday night's loss as the girls started the game with two hits. Coach Kathy Blackney said they played better than they had in a long time and was happy with their overall performance. Right fielder Dana DeMott had an outstanding game, going 2 for 3 at the plate with an RBI.

"She's been a hot hitter of late," Blackney said.

Errors have plagued the

'Hounds lately. Tuesday night's road trip to Platte County added another loss to the season total; however, Blackney said that the girls fought hard and didn't quit until the end. Maryville matched Platte County with seven hits in the game. DeMott had another good game, going two for three again at the plate.

The 'Hounds travel to Benton Sept. 22 in St. Joseph for a non-conference game followed by three games next week. The district tournament follows next week's games. Last year the 'Hounds played the role of sleeper and won their district.

"In order to shock as many people as they did last year in winning the district, the girls will need good offense and defense along with playing their hearts out again," Blackney said.

## PROTECTING SOURCES IS PROTECTING DEMOCRACY

Judith Miller, a reporter for the New York Times, has been sent to jail for refusing to testify before a grand jury about a confidential source. For defenders of the First Amendment this is a crucial juncture in our nation's history.

It is essential to our country's democracy that journalists be able to report information without fear of intimidation or imprisonment. This sometimes requires the use of confidential sources. Many major news stories such as the Watergate revelations have depended on confidential sources. The public is the chief beneficiary. Sometimes individuals with critical information will only speak on the condition that their identities are not revealed.

For that reason, a majority of the states and the District of Columbia recognize the need for confidential sources and have enacted media shield laws to protect journalists from disclosing those sources. There is no federal shield law statute, however, to protect Judith Miller from having to disclose the identity of her source. She has been sent to jail, even though she never wrote an article, based on her confidential source.

As citizens—and as journalists—committed to a free press and the free flow of information, we support the passage of a Federal shield law. And we urge you to join with us in speaking out against the imprisonment of Judith Miller:

Edward Albee, playwright  
Andrew Alexander, Washington bureau chief, Cox Newspapers  
Paul Auster, author  
Russell Banks, author  
Sandra S. Baron, executive director, Media Law Resource Center  
James Bettinger, director, John S. Knight Fellowships, Stanford University  
Peter Bhatia, executive editor, Oregonian, Portland  
Susan Bischoff, associate editor, Houston Chronicle  
Richard Blumenthal, Connecticut, attorney general  
Julian Bond, board chairman, National Association for the Advancement of Colored People  
Tom Brokaw, correspondent-at-large, NBC News  
Jerry E. Brown, dean, School of Journalism, University of Montana  
Jeff Bruce, editor, Dayton Daily News  
Arne Carlson, former governor, MN  
John Carroll, former editor, Los Angeles Times  
Phil Casaus, editor, Albuquerque Tribune  
Mac Cheng, president, UNITY Journalists of Color, Inc.  
Ron Chernow, biographer, historian  
Doug Clifton, editor, Cleveland Plain Dealer  
Chris Cobler, editor, Greeley Tribune, CO  
John Connolly, president, American Federation of Television and Radio Artists  
Matthew Cooper, White House correspondent, Time magazine  
Walter Cronkite, journalist  
Lucy Dalglish, executive director, Reporters Committee for Freedom of the Press  
Tom Daschle, former Senate leader, SD  
Ariel Dorfman, playwright, novelist  
Drew Edmondson, Oklahoma, attorney general  
Bob Edwards, host, Bob Edwards Show, XM Satellite Radio  
Myron Farber, former reporter, New York Times  
Luis A. Ferre Rangel, editor, El Nuevo Dia, Puerto Rico  
Charles M. Firestone, executive director, The Aspen Institute, Communications and Society Program  
Francis Fitzgerald, author  
Ellen Foley, editor, Wisconsin State Journal, WI  
Linda Foley, president, The Newspaper Guild-CWA  
Philip Gailey, editor of editorials, St. Petersburg Times, FL  
Bob Giles, curator of the Nieman Foundation for Journalism at Harvard University  
Scott Gillespie, managing editor, Star Tribune, Minneapolis, MN  
Francisco Goldman, novelist, journalist  
Barbara Goldsmith, author  
Fred Graham, chief anchor and managing editor, Court TV  
Rex Granum, former deputy press secretary to President Jimmy Carter  
Irwin Gratz, president, Society of Professional Journalists  
Anders Gyllenhaal, editor, Star Tribune, Minneapolis, MN  
Charlotte H. Hall, senior vice president, Orlando Sentinel  
John Hall, senior Washington correspondent, Media General  
Linwood Holton, former governor, VA

Brant Houston, executive director, Investigative Reporters and Editors and National Institute of Computer Assisted Reporting  
Clark Hoyt, Washington editor, Knight Ridder  
John Hughes, syndicated columnist, Christian Science Monitor; editor and chief operating officer, Deseret Morning News, Salt Lake City, UT  
Al Hunt, managing editor, Washington, Bloomberg News  
Sandra Keyes, editor, Honolulu Advertiser  
Larry King, executive editor, Omaha World-Herald  
Ted Koppel, anchor and managing editor, Nightline, ABC News  
David Kraslow, Washington bureau chief, Cox Newspapers  
Kathy Lawrence, president, College Media Advisers  
Dale Leibach, former assistant press secretary to President Jimmy Carter  
Carl Leubsdorf, Washington bureau chief, Dallas Morning News  
Frances Lewine, CNN assignment editor  
Simon K.C. Li, assistant managing editor, Los Angeles Times  
Ron Magers, anchor/reporter, ABC-7, Chicago  
John Mancini, editor, Newsday, Long Island, NY  
Carol Marin, political columnist, Chicago Sun-Times  
Mike McCurry, former press secretary to President Bill Clinton  
Jack McElroy, editor, Knoxville News Sentinel  
George McGovern, former Senator, SD  
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Dennis Sodomka, executive editor, Augusta Chronicle, GA  
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Suzette Martinez Stranding, columnist, president, National Society of Newspaper Columnists  
David Starr, senior editor, Newhouse Newspapers  
Mark W.C. Stodder, executive vice president, newspapers, Dallas Media Co., Minneapolis, MN  
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Paul Tash, editor and chairman, St. Petersburg Times  
Joyce Terhaar, managing editor, Sacramento Bee  
Jerald terHorst, press secretary for President Gerald Ford  
Helen Thomas, syndicated columnist, Hearst Newspapers  
Douglas Turner, Washington bureau chief, Buffalo News  
Troy Turner, executive editor, Anniston Star, AL  
Christopher White Walker, editor and publisher, Emporia Gazette, KS  
David Wise, author/journalist  
Betty Wong, managing editor, Americas Company, Reuters America LLC  
Judy Woodruff, correspondent, CNN  
David Zecek, executive editor, News Tribune, Tacoma, WA  
Fred Zipp, managing editor, Austin American-Statesman  
American Federation of Television & Radio Artists (AFTRA)  
American Society of Business Publication Editors  
American Society of Newspaper Editors  
Asian American Journalists Association  
Education Writers Association  
Investigative Reporters and Editors and National Institute of Computer Assisted Reporting  
Media Law Resource Center  
National Association of Black Journalists  
National Association of Hispanic Journalists  
National Federation of Press Women  
National Newspaper Association  
Newspaper Association of America  
PEN American Center  
Radio-Television News Directors Association  
Religion News Writers Association  
Reporters Committee for Freedom of the Press  
Society of American Business Editors & Writers  
Society of Professional Journalists  
The Newspaper Guild-CWA  
UNITY Journalists of Color, Inc.

\*Organizations listed for identification purposes only.\*

In the last 18 months, more than two dozen reporters were questioned or subpoenaed about their confidential sources. New York Times reporter Judith Miller sits in jail and other reporters could face imprisonment. Without the promise of confidentiality, sources—especially whistleblowers—will not come forward with evidence of wrongdoing in government or the private sector. Confidential sources help get information to the public so citizens can participate fully in our democracy.

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## 'VILLE WEATHER

## Today

Find a good book



77 / 51

## Friday

Clean the house



76 / 60

## Saturday

Walk a mile or two



82 / 58

## Sunday

Make a puzzle



79 / 59

## Monday

Walk the dog



74 / 50

## Tuesday

Go for a bike ride



71 / 51

## Wednesday

Rake up leaves



74 / 50

From National Weather Service

## COUNTDOWN

16 days until mid-term exams

76 days until end of the trimester

## Junk-mail overloads Your Man's inbox

Ah, the joys of being part of the electronic campus.

Nothing is as sweet as overflowing inboxes and scheduled downtime on the network.

Plus, what is better than walking through any major populated area on campus and all you see is people with their heads buried in laptops, not talking, but rather just e-mailing.

The idea of the overuse of e-mail came after Your Man checked his campus e-mail the other day. To say my e-mail

account is ridiculous probably isn't giving the account a fair shake.

People I had seen just minutes before had ignored me but "shot me an e-mail" just to give me a heads up on something.

The idea of e-mail overuse has prompted an idea.

Instead of Random Acts of Kindness week, how about a Randomly free of e-mail week.

Let's dream together. One day we could walk into the Station and people would let

us know there is a meeting tomorrow instead of sending out a mass e-mail.

The options are endless for what could happen.

-Our University bills could once again come in the mail. Granted this idea is a bit far-fetched but the whopping 37 cents it cost to mail the bill surely could be compensated for somewhere in our fees.

-No more e-apologies. Can't find the courage to apologize to a person? Here's an idea, tell people you're sorry to their faces. (Note:

Your Man is not responsible for increases in hand-to-hand combat).

-A break for the system administrator- If Your Man had a wooden nickel for each time this mystery person told me my account is over its size limit, well, I'd have a lot of wooden nickels.

Here's what would make this really fun. Each time you got a piece of junk mail, the person who sent it would have to say the message to you.

"Valued customer! We can

make you and your partner finally happy."

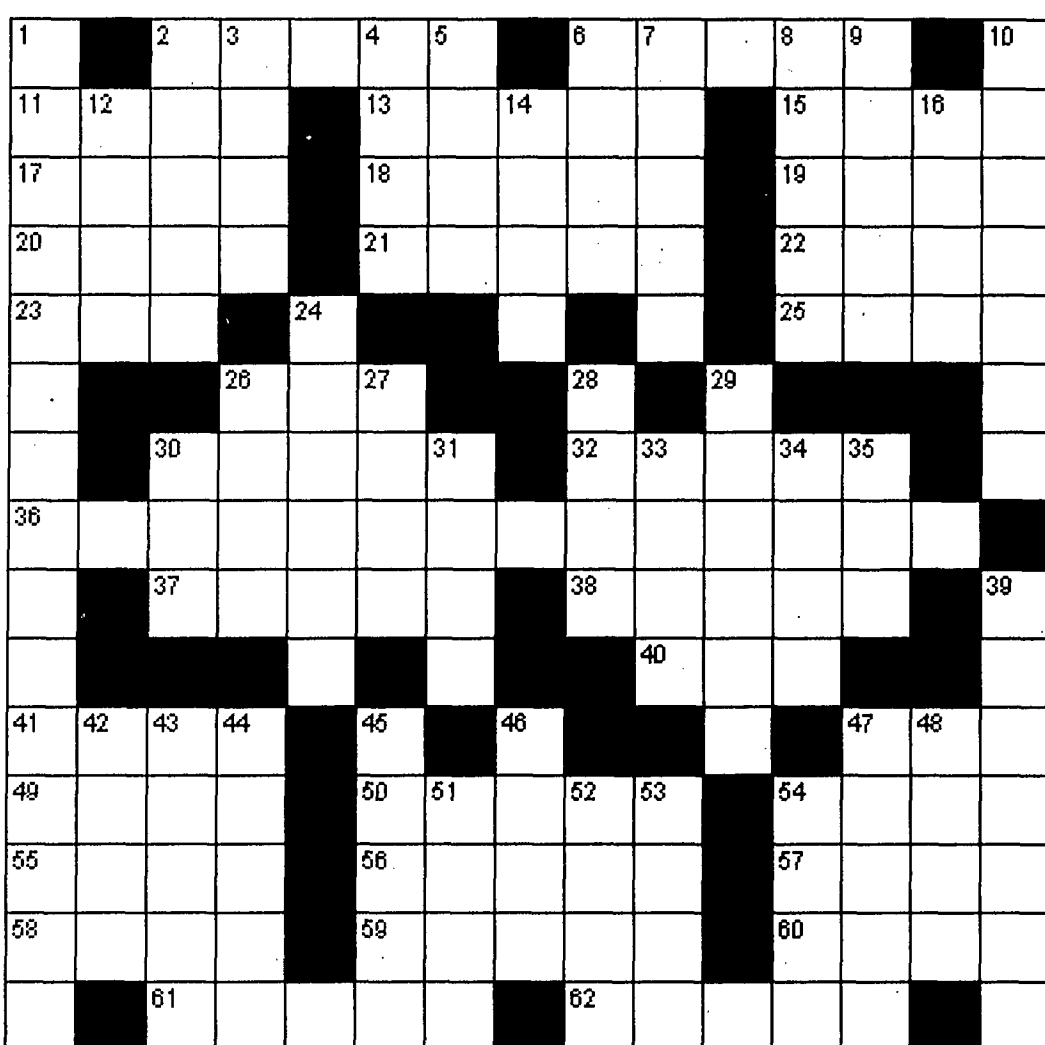
Or think what the scene would be like when people try to pass chain letters along.

Can you imagine what people would do to find 10 people just so they can find out about their "secret crush."

OK, so this idea sucks, but if it keeps me from checking my e-mail 20 times a day then I'm happy.

The Stroller has been a tradition since 1918 and does not reflect the views of *The Northwest Missourian*.

## PUZZLEMANIA



## Across

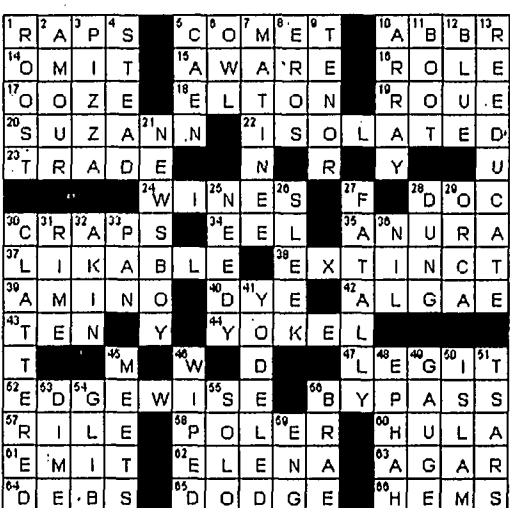
2. Tertiary
6. Blowing in bursts
11. Repetition of sound
13. Wallace and William ----, journalists
15. Hokkaido's former name
17. Word borrowed from another language
18. Prophets

19. Apostle of the Gentiles
20. An informer
21. South African dance music
22. Parisian airport
23. Cuttlefish fluid
25. Fitting closely
26. Unit of heat
30. Small and delicate
32. High rockface
36. Pertaining to a chemical compound containing

- a metal and carbon
37. Express opinions
38. One of a series of steps
40. Humble dwelling
41. Peaks
47. Cacophony
49. Guiltless plea
50. Jumps rope
54. Method
55. Stepped
56. Eyelashes
57. Monkeys
58. Give temporarily
59. Of time long past
60. Untidy condition
61. Former Japanese capital
62. Rot

8. Literals
9. Long
10. Closed plane figure
12. Money
14. Exude water
16. Bantu language
24. Mythological Scandinavian dragon
26. Applaud
27. Man of great strength
28. Bible book
29. Rice dishes
30. Inflated feeling of pride
31. State
33. Slat
34. Flutter
35. Evergreen tree
39. Skill
42. Anecdotal knowledge
43. Cheap wine
44. House of turf strips
45. Broad necktie
46. Meek
47. Inane
48. Middle day of the month
51. Thousand
52. Having different colored sections
53. Mentally healthy
54. Mother

## LAST WEEK'S SOLUTION



## Down

1. Haughtily (4-11)
2. Show appreciation
3. Cry of a goose
4. Danger
5. Pulled
6. Little lady
7. Retract

## Going Out? Get connected

## Today

■ Thursdays at the Union: Craft Night. 10 p.m. @ Union Ballroom.

■ Get Carded Day. Look for volunteers around campus who will distribute cards to raise awareness about Sexual Assault and how to prevent it. Sexual Assault Hotline: 562-1972.

## Friday

■ Alumni Awards Banquet. 6 p.m. @ Union Ballroom.

## Saturday

■ Centennial Event: Fire Arts Building Open House. 10 a.m.

■ Bearcats vs. Missouri Southern. 1 p.m. @ Bearcat Stadium.

■ ABC Soul Food Dinner @ Union Ballroom.

## Sunday

■ Faculty Recital: Dr. Christopher Gibson. 3 p.m. @ Charles Johnson Theatre.

## Monday

■ Free blood pressure and flexibility evaluations. 11 a.m. - 1 p.m. @ the Belltower. Join in and get a



free day pass to the Fitness Center.

## Tuesday

■ Healthy Snack Time. Midnight - 1 a.m. @ the Station. Students living on campus — check out fitness areas and equipment to stay fit in the Residence Halls.

## Wednesday

■ Campaign for Community Renewal. 7:30 p.m. @ City Hall.

■ Lettuce Bowling, Apple Bobbing and Panty Hose Relay Races. 11 a.m. - 1 p.m. outside the Union. Sponsored by Peer Education Team.

Deadline for submissions for the calendar are due Friday prior to publication and can be mailed to Calendar of Events, 800 University Drive, Wells Hall #2, Maryville, Mo., 64468 or e-mail northwestmissourian@hotmail.com.

## Northwest Missourian Classifieds

FOR RENT: 1-6 bedroom nice homes, apartments. Prices reduced, deposit specials. Near campus. Families, students and pets welcomed. 660-582-8527. AVAILABLE NOW

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## CINEMA VIEWING

In theaters this week, an equal mix of drama, comedy and thrill

**Oliver Twist PG-13.** drama, starring Ben Kingsley, Barney Clark

**Flightplan PG-13.** action/thriller, starring Jodie Foster, Peter Sarsgaard and Sean Bean

**A History of Violence R.** drama/thriller, starring Viggo Mortensen, Maria Bello and Ed Harris

**Daltry Calhoun PG-13.** comedy/drama, starring Johnny Knoxville

**Roll Bounce PG-13.** comedy, starring Bow Wow, Wesley Jonathan and Mike Epps

## SIZZLING JAMS

To all those downloading-obsessed, here are the top 10 downloads.

1. **Gold Digger.** Kayne West, feat. Jamie Foxx

2. **My Humps.** Black-Eyed Peas

3. **Wake Me Up When September Ends.** Green Day

4. **Sugar, We're Going Down.** Fall Out Boy

5. **Boysfriend.** Ashlee Simpson

6. **Beverly Hills.** Weezer

7. **Outta Control.** 50 Cent and Mobb Deep

8. **Feel Good Inc.** Gorillaz

9. **Don't Lie.** Black-Eyed Peas

10. **Don't Cha.** The Pussycat Dolls and Busta Rhymes

Courtesy of www.apple.com/itunes

## VIDEO GAMING

The top video games picks for Sept. according to the Internet movie database.

1. **X-Men Legends 2: Rise of Apocalypse.**

2. **Rainbow Six: Lockdown.**

3. **We Love Katamari.**

4. **Myst V: End of Ages.**

Courtesy of www.imdb.com

## CONCERTS IN THE CITY

## CROSSFADE

Sept. 22, 7 p.m.  
Beaumont Club, Kansas City, Mo.

**ONE DEGREE DIFFERENCE**  
Sept. 25 9:30 p.m.  
Hurricane Kansas City, Kansas City, Mo.

**LIVE AT THE GEM SHOW TIME SERIES 2005**  
Sept. 25, 7 p.m.  
Gem Theater, Kansas City, Mo.

## TRAPT

Sept. 27, 8 p.m.  
Beaumont Club, Kansas City, Mo.

## HINDER

Sept. 28, 8 p.m.  
Grand Emporium, Kansas City, Mo.

## Crashing the 'race' car

By Nick Watson  
Staff Writer

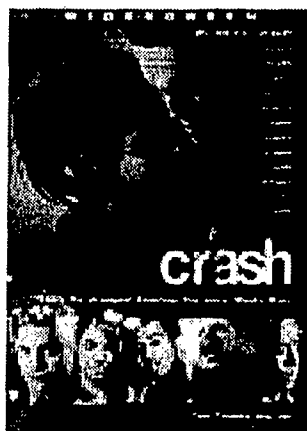
Eight unique character's lives cross paths during two tumultuous days in Los Angeles. Their only connection is their diverse racial difference, which serves as the theme of the action-packed film "Crash."

The movie spirals out of control from the first line to the climatic ending. Throughout the movie, characters meet each other through short encounters that are profound yet disturbing.

First, the movie sets you on a roller coaster of racism that will cause even the viewer to speculate their own opinions and stereotypes of others. It brings the unsettling realization that racism is still a great apart of our society, and the destructive and dangerous effects it can cause.

The movie's ability to avoid stereotypes of heroes and villains stands as its most extraordinary achievement.

One of the most extraordinary achievements in "Crash" is its ability to avoid labeling



judgments.

The movie as a whole is a cinematic work of art. Each actor does an extraordinary job of displaying raw human emotion. The music used in this movie was powerful; words would take the effectiveness away.

"Crash" will be a movie for the ages. If everyone watched this movie, would we realize that we all act — in some way — like they did?

More importantly, will we try to prevent our own stereotypes of others to make haste conclusions?

I would hope that we all strive to be better people. Overall, this is a movie for everyone, not solely to watch, but to experience its message.

## SEASON PREMIERE LISTINGS

## Thursday, Sept. 22

8 p.m. | Everybody Hates Chris (UPN)  
Joey (NBC)  
8:30 p.m. | Eve (UPN)  
9 p.m. | The Apprentice (NBC)  
CSI: Crime Scene Investigation (CBS)  
Cuts (UPN)  
9:30 p.m. | Love, Inc. (UPN)  
10 p.m. | Criminal Minds (CBS)  
ER (NBC)

## Friday, Sept. 23

8 p.m. | The Bernie Mac Show (Fox)  
Dateline NBC (NBC)  
Ghost Whisperer (CBS)  
Supernanny (ABC)  
8:30 p.m. | Malcolm in the Middle (Fox)  
9 p.m. | Hope & Faith (ABC)  
Killer Instinct (Fox)  
Three Wishes (NBC)  
10 p.m. | Inconceivable (NBC)  
Numbers (CBS)

## Saturday, Sept. 24

8 p.m. | NBC Movie (NBC)  
10 p.m. | 48 Hours Mystery (CBS)

## Sunday, Sept. 25

7 p.m. | Dateline NBC (NBC)  
Extreme Makeover: Home Edition (ABC)  
60 Minutes (CBS)  
8 p.m. | Charmed (WB)  
Cold Case (CBS)  
The West Wing (NBC)  
9 p.m. | Blue Collar TV (WB)  
CBS Sunday Movie: Martha Behind Bars (CBS)  
Desperate Housewives (ABC)  
Law & Order: Criminal Intent (NBC)  
10 p.m. | Crossing Jordan (NBC)  
Curb Your Enthusiasm (HBO)  
Grey's Anatomy (ABC)  
10:30 p.m. | Extras (HBO)

## Tuesday, Sept. 27

9 p.m. | The Amazing Race: Family Edition (CBS)  
Commander in Chief (ABC)  
Sex, Love & Secrets (UPN)  
10 p.m. | Boston Legal (ABC)

## Wednesday, Sept. 27

8 p.m. | George Lopez (ABC)  
9 p.m. | Veronica Mars (UPN)  
10 p.m. | CSI: NY (CBS)

## Death Cab makes big "Plans"

By Chris Sauer  
Staff Writer

This is a solid, well-rounded album worthy of much praise. No matter how well you know Death Cab, "Plans" will not fail to impress. Ben Gibbard's talents as singer/songwriter jump to the forefront of this album, and the songs flow together seamlessly.

Front man Gibbard and his cohorts have recorded music together for more than seven years. Death Cab for Cutie has been a staple band for the independent music scene and has scarcely appeared on the radio or MTV — until now.

The band hit mainstream status in a big way by signing with Atlantic Records. Their recently released album "Plans," debuted at number four in record sales by selling 90,000 copies in its first week. With these numbers and a killer single ("Soul Meets Body"), it appears to many that Death Cab for Cutie may finally gain their long deserved credit.

Prior to the release of "Plans," fans of Death Cab were worried that their leap to a major label would affect the music in a negative way. Fans feared the music would have to change to appeal to a larger audience. Somehow, Death Cab pulled off change without causing their musical genius to suffer. Gibbard's retained his poetic form, and the songs remain as

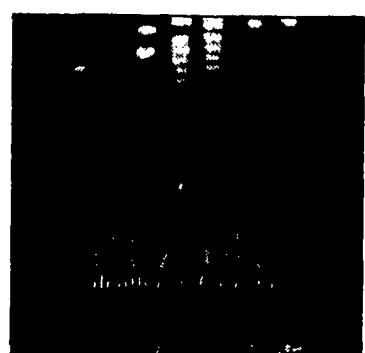
catchy and melodic as always.

Opening the album with a bang, "Marching Bands of Manhattan" floors the listener from the start. If you are new to Death Cab, this song will make you a fan.

"I Will Follow You Into the Dark," a heartfelt song on the album, may make every other love song obsolete. Other album recommendations include "Different Names for the Same Thing," "What Sarah Said" and "Brothers on a Hotel Bed."

Also featured on this album is a song that fans will recognize as a sample from their older song "Stability," now entitled "Stable Song." "Stable Song" will sound familiar to current Death Cab fans.

If you enjoy this album, I would strongly suggest you pick up Death Cab's masterpiece record, "We Have the Facts and We're Voting Yes," or their previous work "Transatlanticism."



## All the fun without the mess

By Masaki Oyata  
Staff Writer

Sound: Rating 8.2/10

The sound in Nintendoogs is what really sets it apart from the other pet simulators.

Nintendogs, a pet simulator created by the Nintendo Company. The creator, Shigeru Miyamoto, inspired the game, when he bought a dog for his family.

The wireless handheld player, allows a player to communicate with other dog trainers and set up play dates between puppies.

Graphics: Rating 8.5/10

The dog's models are good, especially with the texturing and realistic animations.

Speaking directly into the microphone is the only way to train the dogs. The more time you spend talking and training it, the quicker it will learn to behave.

Game Controls: Rating 10/10

Nintendogs players can become more involved, benefits of the touch screen. By using a stylus, or pen-like structure, you can command the dog to do tricks.

The competitions are discipline and agility.

Anyone can enjoy this game, from kids to the adults. The game has all the fun of caring for a dog, without the threat of stepping in its crap.

Overall rating 9.4/10

Nintendogs is available in three separate game packs: Chihuahua, lab and dachshund. Each pack comes with six different breeds to choose from, so finding your ideal dog isn't too difficult.

Nintendogs can be purchased at most electronic stores for around \$30.

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- NOTIFICATION: October 20
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- On-campus orientation sessions in November
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**QUESTIONS**  
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# Oh, how sweet it is...

America's little sweet tooth isn't sugar, spice and all things nice

By Kristine Hotop  
Features Editor

She slowly walks around the aisles, glancing at every option and hoping she won't make the wrong decision. She reaches out and makes her selection, a king-size crispety, crunchety, peanut-buttery Butterfinger bar.

Content with her choice, she pays, removes the wrapper and takes the first satisfying bite.

Little does Anna Clifton, Northwest senior, know she consumed 480 calories and 51 grams of sugar — 10 percent of the total caloric amount of her snack.

Sugar is most American's favorite addiction. Each person consumes an average of 145 pounds of sugar per year, or approximately 20 teaspoons daily; with 16 calories per teaspoon of sugar, that's a whopping 320 simple sugar calories per day.

What Americans don't know is that extra sugar can be taking a toll on their health.

Type 2 diabetes is commonly looked at as the main problem with sugar consumption, and diabetics have to monitor their sugar intake.

Diabetes is the inability to control and/or produce insulin to control sugar levels. When a person consumes too much sugar on a frequent basis the body develops insulin resistance and diabetes is the result.

"In general, people spend more time and money on dealing with the disease once we have it, instead of preventing it," Assistant Director of Health Center Virginia Murr said. "Instead of focusing on eating right and exercising to prevent diabetes, society builds programs to cope with having it."

Murr also expanded on the programs the Health Center offers. Not only do they have programs for those with diabetes, there are programs concerning overall health management and routine health maintenance for those wanting to watch their sugar intake, or monitor their risk for pre and type 2 diabetes.

With the average person requiring roughly 2,200 total calories daily, sugar calories alone make up about 15 percent of consumed calories, "allowed" by United States Department of Agriculture standards. This fails to include other discretionary oils and fats the USDA accounts for in that total. That's a lot of extra calories from a simple, granular substance called sugar.

Dietetics major Karamanah Euler believes nutrient-rich substitutes exist for all foods. Whole wheat bread is a good substitute for white bread because it contains more complex carbohydrates and fiber, which aids in digestion.

Sugar can be broken into two different categories: complex sugar that is good for you and necessary to your health and simple sugar which makes you gain weight.

"Complex sugar is the better sugar for you, found in starches and fibers," Euler said. "I would discourage simple sugar sources like table sugar, candy and other concentrated sweets, like pop. Instead, eat fruit because it provides a nutrient dense source of sugar and gives the most nutrients for the calories."

For example, the processed sugars found in one candy bar are equal to the natural sugar of three pounds of apples. The benefits the apple gives aids in digestion of the sugar, but not the same as the single candy bar.

Sugar exists in almost every food we digest, whether it is naturally occurring, such as in fruits, vegetables or whole grains, or added sugars. Both kinds are digested in the exact same manner with no nutritional differences; but there is

a difference involving the types of food each sugar is associated with.

"The body knows sugar as sugar," Registered Dietician Janell Ciak said. "We add sugar, because we like sugar. It makes nutritious foods more palatable, therefore we will eat it when we otherwise wouldn't. The problem we run in to, is we

substitute sugar-dense foods or drinks for nutrient-dense ones."

Ciak explains the amount of sugar in a food item doesn't judge how "bad" or "healthy" it is for someone. It is when people will substitute soft drinks for juice that sugar consumption becomes problematic. A 12 ounce soft drink and 12 ounces of fruit juice may have the same amount of calories, but the juice has healthy nutrients and carbohydrates.

Since our bodies need sugar for normal functioning and the production of glucose into absorbed energy, sugar consumption is necessary. Both "empty calories" and natural-sugar calories serve as energy producing but by processing and refining natural raw sugars, the body cannot digest it as easily. This causes the sugar to not be absorbed as glucose. The end result: fat.

When sugar cannot be absorbed as glucose its only other option is turning into fat, which is one of the reasons that overindulgence in these empty calories leads to obesity.

"Vegetables are the new wonder food keeping us from cancer and heart disease, so the problem with sugar is right there; we fill up on sugary foods and we don't eat other foods," Ciak said. "People stop by convenience stores and grab a soda and candy bar and call it breakfast. They ate breakfast, but they didn't eat anything that is going to help their body prevent diseases."

The biggest culprit in sugar ingestion is soft drinks. The average American drinks 56 gallons of soda per year. Do the math: a regular sized can of Pepsi contains 160 calories and 39 grams of sugar, that's the entire caloric amount contained in the sugar.

Ciak explains simply how when we drink soft drinks instead of milk we are losing the calcium and vitamins sugary drinks fail to provide.

It is inevitable. Sometime during the day sugar will make its sweet trip to your lips and into the bloodstream.

Americans have a way of making nearly everything bigger and better.

Unfortunately, sugar is one thing that is not preferred. "Sugar isn't poison," Ciak said. "But, we have learned how to manipulate it and in turn, we have failed."

On average, Americans consume close to 145 pounds of sugar per person; per year, which is the size of an average female adult.

## Interested? More sweet information

### SUGAR MYTHS

■ Obesity is caused by over eating in general, not necessarily overindulgence in sugar-laden sweets. Fatty foods are the culprit in causing obesity, since one fat gram contains nine calories compared to the four calories per one gram of sugar. However, consuming more sugar calories than the body can burn will lead to weight gain.

■ Sugar used to be the blame of hyperactivity in children, but in truth, sugar does not lead to or worsen hyperactivity in children. Since children are sensitive to sugar in the first place, certain amounts will cause a child to become hyperactive for short periods of time, usually associated with time of excitement and anticipation.

■ Research studies from the University of Michigan show that neither candy nor chocolate is behind severe or moderate acne.

### NON-FOOD USES OF SUGAR

■ -Slows down the hardening of concrete  
-Leather tanning, sizing, texture finishing  
-As hydrophilic agent in printing inks  
-Water-bugs repellent; mix equal parts of powdered and borax sugar, sprinkle it in infected areas  
-Add to water to keep flowers fresh

### ALTERNATIVES TO TABLE SUGAR

■ -Splenda  
-Stevia  
-Whey low  
-Aspartame



### HOW TO READ SUGAR IN FOOD LABELS

■ If you are concerned about taking in too many foods containing sugar, or just plain curious about what you are ingesting, these are terms to look for on food packaging ingredient lists.

- -Barley Malt
- Evaporated or crystallized cane juice
- Invert sugar
- Sucrose (table sugar)
- Brown sugar
- Dextrose or glucose
- Lactose (milk sugar)
- Syrups (maple, sorghum)
- Corn syrup
- Fructose
- Maltose (malt sugar)
- Sugar alcohols (mannitol, sorbitol)
- Corn sweetener
- High-fructose corn syrup
- Molasses
- Fruit juice concentrate
- Honey
- Raw or tubinado sugar

## SWEET TOOTH

The amount of sugar and calories per serving in everyday foods.

**Caramel Macchiato 12 ounces, non-fat.**  
43 grams of sugar, 245 calories

**Macaroni & cheese.**  
7 grams of sugar, 260 calories

**Strawberry Smoothie 16 ounces.**  
77 grams of sugar, 391 calories

**Munchies snack mix.**  
5 grams of sugar, 130 calories

**Snickers bar.**  
30 grams of sugar, 280 calories

**Minute Maid original orange juice 12 ounces.**  
24 grams of sugar, 110 calories

**Bacardi Razz Rum 100 milliliter.**  
12 grams of sugar, 180 calories

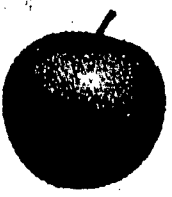
**Medium apple.**  
12 grams of sugar, 81 calories

**Cherry Vanilla Dr. Pepper 12 ounces.**  
38 grams of sugar, 140 calories

**Medium banana.**  
21 grams of sugar, 180 calories

**DiGiorno Stuffed-Crust Cheese Pizza.**  
5 grams of sugar, 350 calories

**Oreo's.**  
13 grams of sugar, 160 calories







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September 10

September 17

September 24

October 1

October 8

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# NW MISSOURIAN

9/22/05

V80/N4

CONVERGING CAMPUS & COMMUNITY

## ATF agents called in to look at blast

Officials unsure of exactly what explosion was

By Bryce Lemke  
Staff Writer

Dorms, apartments and car lots shook as bright purple flares followed by a thick cloud of smoke ascended over tree tops on the east side of campus.

The explosion was reported at 12:01 a.m. Tuesday; within a minute Campus Safety and Maryville Public Safety officials were on the scene.

Director of Campus Safety Clarence Green said officers were in the area to serve a warrant.

"We aren't exactly sure what happened," Green said. "When our officers arrived on the scene, lots of students had gathered to see what the noise was."

Today, officers from the Department of Alcohol, Tobacco and Firearms will be at the scene to see if they can

find a cause for the explosion.

Green said little physical evidence, aside from a burnt mark on a sidewalk, is available.

Angeline Schulte was in her fourth floor room in Dietrich Hall when the loud bang caught her attention.

Schulte said she saw the bright flares shooting into the air right after the sound.

Although not everyone saw the actual explosion, many on campus could feel and hear it from their residence halls, some reports coming from as far as South Complex.

Several Resident Hall Assistants said car alarms went off as a result of the blast.

Initially, officers thought there was a water main or steam line that had busted, Green said.

Anyone with information pertaining to Tuesday night's events can contact Campus Safety at 562-1254.

-Cory Young contributed to this report.



PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

**FREE FALLIN'** Professional sky diver Matthew Kornoely spins Carrie Arnold during a sky diving training exercise on Sept. 14. The new student activity fee funded the sky diving training. The fee is also helping bring Chris Cagle to Northwest.

## Activities keep coming

Weekly events part of new fee's benefits

By Stephanie Stangl  
Managing Editor

Electric slide? Cowboy hats and big belt buckles?

Maybe not your cup of tea, but polls conducted on Web Star last year by Student Senate revealed country as one of the preferred music genres at Northwest.

With the implementation of the \$35 per trimester activity fee for all full-time students, country music stars Chris Cagle and Julie Roberts perform 8 p.m. Oct. 3, at Bearcat Arena.

But that's just the beginning of the events to come as a result of the fee.

After determining more than 60 percent of the student body wanted quality entertainment in larger quantities, Student Senate proposed an activity fee passed by the Board of Regents Dec. 17, 2004.

Northwest was the only Missouri university without such a fee, and nearly 70 percent of all public institu-

tions nationally have passed activity fees of some kind, according to former Student Senate president Chase Cornett.

"We needed a significant enough increase so a difference was noticed in the quality of entertainment coming in," Cornett said. "If it were a small amount we didn't want to turn around and change the fee again next year."

Such things as the back-to-school luau and the pancake feed at the beginning of the year resulted from the activity fee.

Although such things as Encore performances and Thursday Nights at the Union are not covered by the fee and fall under separate budgets, there are many events yet to come during the fall trimester.

"Wednesdays Live," is a new ongoing event sponsored by the fee. Every Wednesday acoustic-type artists will perform 8 p.m. at the Bell Tower. In addition, students can enjoy a "Fantasy Casino Night" Nov. 15 in the ballroom of the Union, complete

see **EVENTS** on A8



PHOTO COURTESY UNIVERSITY RELATIONS

**Cagle, Roberts coming to campus; to perform in Bearcat Arena**

By Cole Young  
Editor in Chief

On Oct. 4, Chris Cagle's third album "Anywhere But Here" will be released.

The night before, Cagle won't be anywhere but Bearcat Arena.

Cagle, along with Julie Roberts, will appear in the first of two nationally known performances on campus in October.

The concert is scheduled for 8 p.m. Monday Oct. 3. Tickets for Northwest students are \$12 while the general public can purchase them for \$25.

According to Assistant Director of Student Activities Jeremiah Lawson, the event was financed solely through the Student Activities fee.

The Cagle and Roberts performance was just one of the groups the council tried to bring in.

"We started with Gavin DeGraw, Black Eyed Peas and Anberlin," Lawson said. "Cagle was just the option that worked out with our schedule and dates that were available."

Cagle's latest single "Miss Me Baby" has

see **CAGLE** on A8



PHOTO BY TREVOR MORAN / CHIEF PHOTOGRAPHER

**JAKE WALKER LAUGHS** and eats spaghetti at the Hurricane Relief Benefit held at the Maryville Community Center. All of the proceeds went to the Hurricane Relief Fund.

## Community lends helping hand, fork

Over \$6,500 raised for those hit by Katrina

By Riley Huskey  
Special Sections Editor

As another hurricane bears down the U.S. Gulf Coast, local citizens search for ways to help.

Wednesday night was just one example of the many ways Maryville is aiding in hurricane relief.

Local residents banded together in support of Hurricane Katrina victims Wednesday and raised more than \$6,500 for relief efforts at a benefit dinner and raffle held at the Maryville Community Center.

With a free-will donation at the door, community members could enjoy a Pagliai's spaghetti dinner and a McDonald's soft drink all while waiting for the benefit's raffle to begin at 7:30 p.m.

"We were very pleased with the turn out—we had a great crowd," said Rod Auxier, director of Maryville Parks and

Recreation. "Going into the event we didn't know what to expect, but we were pleased with the out pouring of our community."

Auxier volunteered at the raffle sales table while countless others helped around him.

"The amount of people that have come out is great," volunteer Kim Walker said. "We've seen a good representation of the community and the number of businesses that have donated is excellent. It's really

great to see the community pull together."

A s

advised, 100 percent of the supplies for the benefit were donated by local businesses and 100 percent of the proceeds will go to aid Katrina victims. Nearly 50 donated prizes from local business owners were raffled off and a children's corner was set up to give children a chance to help with art projects that will be sent to Katrina victims.

"I came to the gym everyday and watched them put it all together," said Sharon

see **LEADS** on A8

### COMING FRIDAY:

Visit [www.nwmissourinews.com](http://www.nwmissourinews.com) for audio and visual coverage regarding Hurricane Katrina's effects on Maryville.

## Family Day full of activities

By Dennis Sharkey  
Chief Reporter

Parents wanting to relive the college experience will get a chance Saturday.

Northwest will hold its annual Family Day Saturday, giving family members a chance to see what exactly it is like to be a student at Northwest.

Assistant Director of Campus Activities Jeremiah Lawson said the day will include events geared toward families. Activities even small children can participate in will be provided by Hog Wild Entertainment. Things like

writing your name with rice and frisbee spin art will begin at the Bearcat Zone in College Park at 11 a.m. Saturday.

Those families attending the home football game can join in a tailgate for \$5 a plate.

Lawson said the activities are for everyone, not just for new students.

"It's good for any student," Lawson said. "It's a great invitation for a family to share a day with students and to see what it's like to be a student and share a day at their campus."

The campus will also host the opening of the Fire Arts

building as well as the groundbreaking for the "Center of Excellence in Biology."

The Fire Arts Building will open at 10 a.m. Saturday, with an unusual ribbon cutting ceremony. Sculpture students will use an angle grinder to cut through a steel rod.

The cutting will be followed by a walk through of the building with art questions on hand to answer questions.

At 10:45 a.m. a shuttle service will begin at the Fire Arts building to the groundbreaking site where Governor Matt Blunt and University President Dean Hubbard will speak at 11 a.m.

### WHATS ON TAP? A QUICK LOOK AT SATURDAY'S EVENTS

**10 a.m.** Ribbon cutting for Fire Arts Building, or should we say ribbon grinding.

**11 a.m.** Groundbreaking for the "Center of Excellence in Biology." Governor Matt Blunt will speak at the event along with President Hubbard.

**1 p.m.** Kickoff. Families can head to Bearcat Stadium to see Northwest face off against Missouri Southern in a battle of two MIAA offensive powerhouses.

# THANK YOU

All advertising sold for the pullout football poster included in the *Northwest Missourian* was donated to the Northwest Katrina Fund. \$1000.00 was donated to the fund.

Groups and individuals who wish to participate in the relief effort should call Deb Powers at (816) 271-7185 or e-mail [deb.powers@heartland-health.com](mailto:deb.powers@heartland-health.com).

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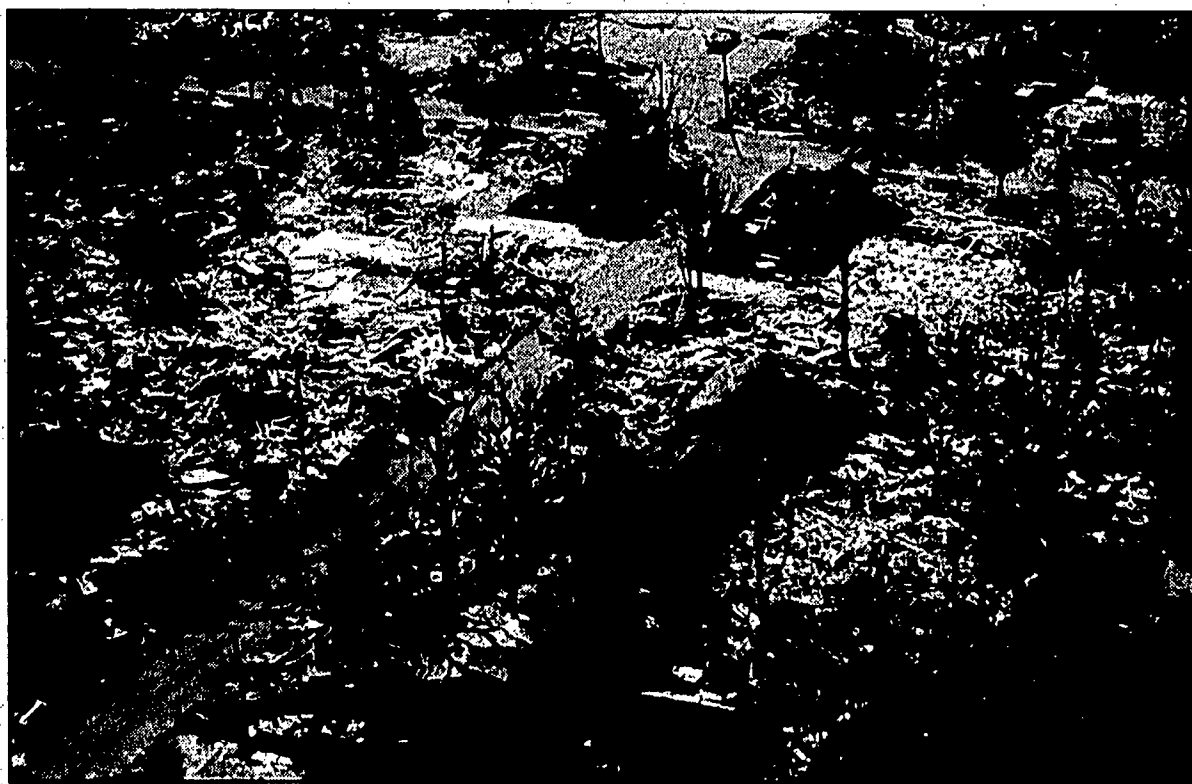
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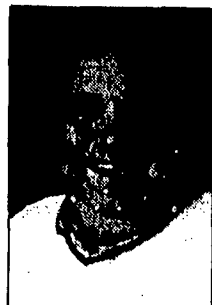
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An aerial view of the destruction left by Hurricane Katrina is seen, Friday, Sept. 9, 2005, in Gulfport, Miss. Arkansas troops are scattered throughout southern Mississippi helping with the hurricane relief efforts. (AP Photo/Mike Wintroath)





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FRED LAMER  
Distinguished Faculty Award



LARRY MANNASMITH  
Distinguished Alumni Award



EARLE I. MOSS  
Distinguished Emeritus  
Faculty Award

## Association to award 6

By Ben Koehn  
Chief Reporter

Friday night six members of the Northwest community will be honored at the Northwest Missouri State University Alumni Association annual awards banquet.

The night will kick off with a social starting at 6 p.m. followed by dinner, the awards ceremony and dancing at 9 p.m.

Vinnie Vaccaro is being honored with the Northwest Turret Alumni Service Award. Vaccaro was the first Bobby Bearcat and was also a station manager at KXCV. He said he was flattered to be honored with this award on the 100th anniversary of the school he loves.

"It's as much a part of my

family as my kids," Vaccaro said. "My whole family lives for the University."

Kory Schramm, a 1995 Northwest graduate, is receiving the Young Alumni Award. The award is given to graduates of the last decade for exceptional achievements that bring honor to the University. Schramm works for ITA Group, which handles some of the world's largest Fortune 500 companies.

Fred Lamer, assistant professor in the department of Mass Communications, is receiving the Distinguished Faculty Award. Lamer, who has been with the university since 1982, has been instrumental in the creation of the advertising major and the advertising club, AdInk.

Lamer said that after

nearly 24 years at Northwest, he has continued to learn just as much as his students. "The more I learn, the more I realize how little I know," Lamer said.

Larry Mannasmith, a 1971 graduate of Northwest, will be honored with the Distinguished Alumni Award. Mannasmith is currently the choral music director at Red Oak High School in Red Oak, Iowa. He is a member of the Music Advisory Panel in the Iowa Arts Council. In June 2004, his choir sang at the dedication of the World War II memorial in Washington D.C.

The late Earle I. Moss, who died in 2003, is being honored with the Distinguished Emeritus Faculty Award. His wife, Martha, and

children, Stephen and Lisa, will accept the award. Moss started teaching at Northwest in 1954 and started the Jazz Band in 1955, which wife Martha said was his "pride and joy." Moss also created Phi Mu Alpha Sinfonia, a music fraternity.

Jon Rickman is being honored with the Honorary Alumni Award. Rickman, who received his Ph.D. from Washington State University is the vice president for information systems at Northwest. He is being honored for his work in turning Northwest into an electronic campus.

Tickets are for \$30 per person and reservations will be accepted through today. For tickets call the Alumni House at (660) 562-1248.

## Soul Food Dinner highlights ABC week

By Jesse Murphy  
Staff Writer

The Alliance of Black Collegians hosts their annual ABC week hoping to attract more members from the largest black freshman class in Northwest's history.

Sauda Holman, president of ABC, said there are approximately 25 members on the regular mailing list, which increases to about 90 when they host big events. Because of this they have decided to have another one this spring.

"We just want a lot of people to come; this is a big year for us," Holman said. "We are working on retaining members and we can retain members if we put together good events. Things like this help students get involved."

Brittney West has been a member since arriving in August. She joined ABC because she enjoys the bonding and friendships and feels it's important to be a part of something you can contribute to.

ABC week kicked off Sunday with an afternoon

barbecue. Monday, members were invited to an organizational fair where they could check out some of the academic organizations on campus.

ABC co-sponsored a movie night on Tuesday with HALO (Hispanic American Leadership Organization). The movie was "Man of La Mancha."

Director of Campus Safety Clarence Green spoke Wednesday about student's rights and some of the laws in Maryville that new students should be educated on.

At 3 p.m. Friday, ABC will have a car wash in the Wal-Mart parking lot. The cost is \$5 per car; larger vehicles may cost more.

The Saturday "Soul Food Dinner" concludes ABC week. The dinner starts at 3 p.m. in the Union ballroom. The price is \$7 for people ages 12 and up and \$5 for those aged 5-12. Children can get in free. Everyone is welcome to attend, and proceeds from the car wash and the dinner will go to help the victims of Hurricane Katrina.

## KZLX nominated 2005 sports award

By Evan Young  
Staff Writer

It may be better-known for music, but it was sports that made Northwest's student-run radio station, KZLX, a finalist for the 2005 College Broadcasters National Student Production Awards.

The station is nominated for the Best Sports Play-By-Play Award for coverage of the 2004 Northwest football playoff game against Texas A&M University-Kingsville at Bearcat Stadium.

This is the first time KZLX participated in the Student Production Awards. According to David Bales, KZLX Sports Talk director, being named a national finalist the first time around shows the dedication and hard work of the station's staff.

"As a whole, we've become professionals," Bales said. "We take a lot of pride in our broadcasts."

Including Northwest, there are three finalists in the Sports Play-By-Play category. New York University and Marshall University in Huntington, W.Va., both Division I schools, are also in the running.

Bales said competing against schools with larger radio programs says much about the quality of Northwest's radio station. "For a small school, we're a really good radio station," he said. "We're just as good as the other guys."

To enter the contest, KZLX submitted a 30-minute excerpt from one of its broadcasts. Tommy Thrall, KZLX play-by-play director, was one of the announcers at the Texas A&M-Kingsville game. He said that the announcing wasn't the only reason the staff chose to enter that particular broadcast.

"It was a very big game," Thrall said. "The crowd had a lot of energy, and that can add to the quality of the coverage."

The winners in each category of the Student Production Awards will be announced at the National Media Convention on October 26-30 in Kansas City. But Bales said winning isn't what's most important to KZLX.

"We're honored to be a finalist," Bales said. "Hopefully we'll come out on top, but if not, it's still a great experience."

### CAMPUSBRIEFS

#### Macias named new funds director

The Office of University Advancement recently named Teresa Macias as the new director of development-major gifts.

In her position Macias is responsible for seeking funds and handling donations to the Northwest Foundation in excess of \$10,000 dollars.

She also works in donor cultivation and stewardship

programs.

Macias graduated from Northwest in 1997 with a bachelor's degree in elementary education and learning disabilities. In December she will complete her master's in elementary and secondary administration.

She previously worked at Maryville Middle School as a special education teacher.

#### Hradek receives U.S. Bank award

Northwest Freshman Amy Hradek won three credit hours of in-state tuition from U.S. Bank.

During the summer SOAR sessions U.S. Bank offered the drawing as a special promotion for all incoming freshmen to enter. Approximately 500 Northwest freshmen registered.

The credit hours are val-

ued at \$553.50.

U.S. Bank operates as the University's partner in providing the Bearcat Identification Card.

Should a student sign up for an account at U.S. Bank the Bearcat Card would also double as an ATM card.

U.S. Bank has two locations available in Maryville.

#### Tower yearbook pictures scheduled

Starting Sept. 26 photographers will be stationed in the Union for 2005-06 yearbook pictures.

Two sessions are scheduled for individual photos operating from Sept. 26-30 and Oct. 3-5.

Appointments can be made by calling 816-562-1528 or photographers are available for walk-ins.

Thorton Studio Photographers are shooting the photos.

All students that have their pictures taken are entered into a drawing for prizes. Also, the campus organization with the highest turn-out of participants will receive a \$100 dollar donation to their philanthropy.

#### Speakers lined up for Open House

The new Fire Arts Building is set to be completed Saturday with a dedication by several speakers including Northwest President Dean Hubbard.

The Fire Arts Building is a \$2.7 million structure created to accommo-

date students working in areas of pottery and metal works.

The structure provides the proper environment for use of kilns, welding equipment, drill presses, power saws and other additional special equipment.

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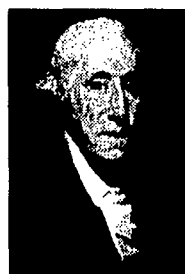
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## CITYBRIEFS

## Mobile phone numbers released

Cell phone numbers will be released to telemarketing companies this weekend. Calls received from these companies will be charged to accounts for each cell phone.

Cell phone numbers can be blocked by placing a call to the National Do Not Call Registry at 888-382-1222 or visiting [www.donotcall.gov](http://www.donotcall.gov).

Registration on this list is effective for five years.

## Seifers to visit Nodaway County

In conjunction with Sen. Jim Talent's "Missouri Matters" campaign, Emily Seifers will visit Nodaway County Sept. 28.

Seifers, who works in Talent's Kansas City office, will meet with residents at whatever hours are convenient.

Constituents who have concerns they would like to share can schedule an appointment with Seifers by calling (816) 421-1639.

## Philanthropy comes in all sizes

By Domnick Hadley  
Community Editor

Kindol Gregg has always enjoyed helping others.

Gregg, 12, enjoys participating in activities which help raise money for people less fortunate than herself—a lesson she learned early from her father.

"I like helping people who are in need of money," Gregg said. "I want to make other kids around the world as happy as I am. It makes me feel really good."

Gregg was a part of a group of fourth and sixth grade students from St. Gregory's Catholic School who organized a fundraiser for Hurricane Katrina victims.

The students set up a lemonade stand and car wash at Northwest Ford Lincoln-Mercury Wednesday, with all proceeds donated to the American Red Cross.

St. Gregory's initially established a used book sale to raise money for the Catholic Charities relief fund.

However, students



**SIXTH GRADERS FROM** St. Gregory's elementary school wash cars at Northwest Ford Lincoln-Mercury dealership in an effort to help Hurricane Katrina victims. The car wash was one of the many fund-raisers that the school sponsored. Others were a lemonade stand and a coin contest between the different grades.

expressed a desire to conduct a separate fund raiser, one that required more effort and existed outside the classroom, according to sixth grade teacher Jennie Halley.

"It was really neat," Halley said. "They said why can't we do something outside of the

school and my thought was well they have a good point. It's a good lesson because they didn't see there was a limit to what they could do."

After adhering to the students' wishes, Gregg enlisted help from her father, Mark—the owner of Northwest Ford.

He allowed the students to set up shop on the lot and agreed to match whatever funds they raised.

The students spent hours, working in shifts, selling \$1 glasses of lemonade and washing residents' cars. Altogether they collected \$565 from the

car wash and \$325 in lemonade sales.

"It was fun seeing how much money people were donating and how much money we had in the jar at the second shift," 9-year-old Andy Van Deven said. "We have cars, roads, houses and clothes and they don't have anything. And, I think it's important to provide that for people in need."

Gregg agrees.

"I knew that we would make a lot of money and it would be fun and people would get money from it," Gregg said. "I know that if I was a hurricane victim I'd really appreciate all the help."

In addition to the car wash and lemonade stand, St. Gregory's students initiated a campaign titled, "Quarters for Katrina." The campaign collected over \$700 for Catholic Charities.

"I was very proud of them," Halley said. "How they took ownership in the project. They've seen the pictures on TV and they know what's going on. They know what's going and they want to help."

## Enthusiasts gather; display 'toys'

By Jessica Swartz  
Staff Writer

A difference in playgrounds as a child led Phil Burgess along a path of lifelong interest.

"I used to go to salvage yards and just play as a kid," Burgess said. "I like to take something in the ditch and restore it, to get it back on the road, to bring it back to life."

This passion for restoration guided his steps and eventually brought him to the Maryville Chamber of Commerce's 10th

annual Car Show last Sunday.

Threats of rain kept a few from Sunday's event at Beal Park. For three hours, men and women of all ages peered at and circled a selection of automobiles that ranged from a 1925 Model TT Ford Truck to a pair of low-slung MG convertibles. Owners and restorers of classic automobiles rubbed elbows and mingled with admiring onlookers.

The turnout was no surprise for automobile enthusiast Michelle Hatcher. Hatcher and

her husband Jason drove from Bolckow, Mo., to attend the car show.

"There's a huge following around here," Hatcher said. The Hatchers attend car shows regularly, traveling 70 miles to visit such events.

Driving nearly 100 miles to a car show is child's play for Burgess and his friend, fellow automobile restorer Warren Soptic.

Last month the Trenton, Mo., residents traveled to Evansville, Ind., for the 30th Annual Frog Fol-

lies. The event this year attracted more than 4,000 cars from the 50 states.

Burgess and Soptic's classic cars won them trophies - Burgess for his 1935 Chevy two-door sedan and Soptic for his 1938 Chevy two-door sedan. Both men built their cars from the ground up and admit to a long interest in the restoration of their cars.

"I've always wanted a Sedan," Burgess said. "I've always wanted to chop one and lower it."



**ROB GRAHAM** of Diagonal Iowa, makes his tires shine at the Car Show held on Sept. 18 at Beal Park. Graham has been coming to the Maryville Car Show for the past five years, bringing a different car each year.

## Second home dedicated in county

By Jared Hoffman  
Staff Writer

For Paula Clark, Skidmore has always been a place to call home, but as of Sunday, she actually has a house to call home.

Nodaway County Habitat for Humanity presented Clark with the keys to her new three-bedroom dwelling after ceremonial candle lighting at Sunday's dedication service.

The construction pro-

cess began last May when hundreds of area volunteers devoted time to help construct the home. Clark logged over 250 hours performing such tasks as hanging sheet rock and placing siding.

Clark said it's a relief to finally see the project completed.

"I'm really happy that it's done," Clark said. "Now I get ready to start moving in."

Board President Rex Wallace, said all the hard work and

labor is worth putting a roof over someone's head.

"It's rewarding to see the person whose home it is finally have a nice place to live," Wallace said. "It's the whole purpose of Habitat to provide decent and affordable housing to everyone, and that's the greatest satisfaction for me."

This is the second home Habitat for Humanity in Nodaway County has built. The organization has built more than 175,000 homes world-

wide since its genesis in 1976.

The organization selects individuals based on factors such as level of need, willingness to become partners in the program and ability to pay back a no-interest loan.

Wallace said that although possible locations for the next house cannot be disclosed, meetings have taken place to determine the next step towards providing another resident of Nodaway County with a new home.

## Fun day promised at local church

By Domnick Hadley  
Community Editor

Maryville residents can enjoy a weekend full of family activities as the St. Gregory's Catholic school hosts its annual Family Fun Fest on Sunday.

The event starts at 1:30 p.m., in St. Gregory Catholic's Church parking lot.

The Fun Fest is one of many fundraisers the school conducts each year to offset year-round costs for St. Gregory's.

Activities scheduled for this year's Funfest include candy art, Plinko, sand scoop,

inflatable games and a Texas Hold'em tournament for adults.

Bobby Bearcat and Spoofy the Spoohound will take photos and visit children from 1:30 to 3:30 p.m.

Similar to last year's festivities, there will be auction and raffle featuring several prizes including \$700 tuition for St. Gregory Catholic School, an individual yearly membership to the Maryville Community Center and a weekend stay at the Lied Center in Nebraska City, Neb.

Tickets for the raffle are \$5 for six tickets or \$1 each.

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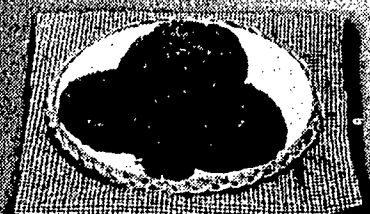
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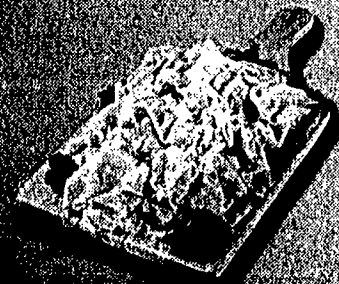
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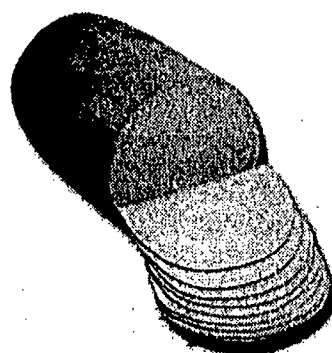
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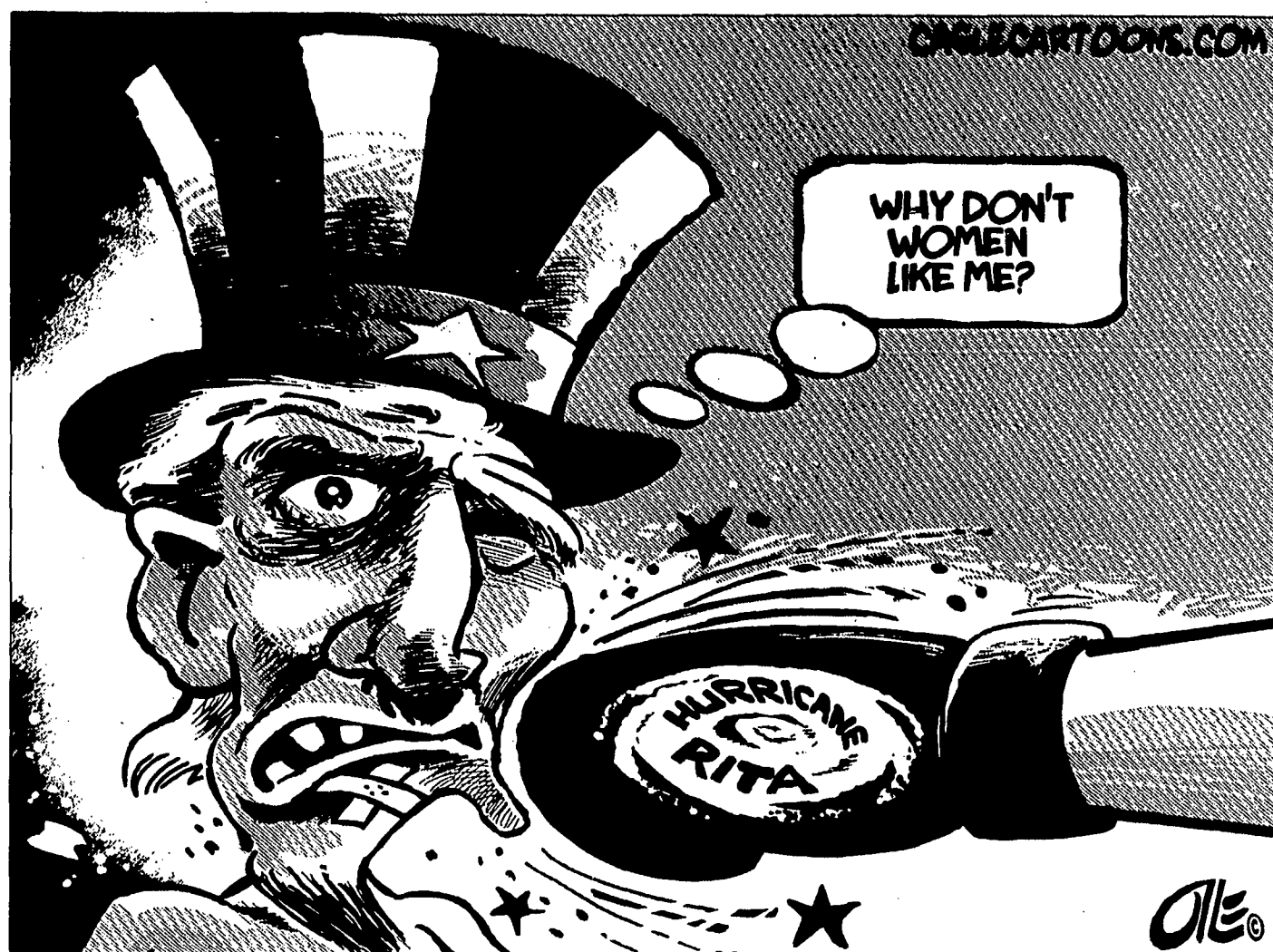
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## 20 years gives plenty of life lessons

On Tuesday I turned 20. I woke up feeling tired. I stumbled my way around my room and eventually found my way to the sink. I stared in the mirror as I shaved. Frozen for a moment, I looked at my expressionless face.

It hit me that morning that I'm not sure I even recognize my own face in the mirror. I used to know what I wanted in life. I used to think I knew where I wanted to end up.

They say with age comes wisdom, but I have come to realize that with age and moving on comes confusion and a

### Off the hook



Brendan Kelley  
Asst. Sports Editor

my 20 years of life.

1. Never be afraid to tell someone how you feel. The words that you leave unspoken can haunt you for the rest of your life.

2. It's worth being late to anything to visit with family.

sense of helplessness.

I have also come to the conclusion that to truly understand who we are and where we are headed we must first understand where we came from. So, here are a few of the things I have learned in

Your family can be your only saving grace when the rest of the world falls apart.

3. Never pass up an opportunity to hang out with your brother. Life will pass you both by, but the memories that you make early in life will follow you forever.

4. Don't get so wrapped up in the fast pace of the world that you forget what life is really all about and stop living.

5. Don't be afraid to take a chance because in the end you will regret the chances you did not take more than the times you took a chance and failed.

6. If you truly believe in something stand up for it. Others may doubt and criticize

you, but in the end you will be left with more than they will ever have.

7. True love really does exist, but it doesn't always go as we have planned it.

I am not perfect. In fact in life I have probably failed more than I succeeded, but these are a few things that I have learned through experience. Some of them came at the expense of some heartache and tears, but I guess that's how you know that you've lived.

I'm 20 years old and I'm lost. I guess that we've all been lost at some point. It's how we find ourselves that writes the story of our lives.

Someone lend me a pen...

### EDITORIAL

## Student activity fee well spent in inaugural year

Activities have been mysteriously popping up each week around campus.

These activities, aimed at giving students a release from the regular grind of college, have presented a nice change of pace.

The events are funded through the new Student Activities Fee.

While the fee raised the concern of some students when initially presented, the \$35 charge per semester is hardly an amount to be concerned by.

The Student Activities Council behind the money is a group comprised of students from around the University.

The newest addition to the list of things presented by the Student Activities Council is a concert featuring Chris Cagle and Julie Roberts, the first in hopefully a long list of big name acts to come to campus.

To the Student Activities Council, we say job well done.

It would have been easy to see the activity fee be nothing more than an

occasional movie night. Instead, in the first year, the fee is already impressing.

Less than a year after the fee came to fruition, events are already piling up.

While many students may not be into the country music scene chances are a group will come along soon that piques everyone's interest in the same way Cagle excites a portion of the population on campus.

Northwest students shouldn't be dissuaded if the first event fails to interest them.

The goal of the fee is to involve as many students as possible through one event or another.

If it's the idea of \$35 not being well spent, then students have no one to blame but themselves.

Last Wednesday at the skydiving simulator, a long line greeted many that showed up to experience the idea of free falling.

Hopefully the long line was symbolic of the long list of events on tap for students at Northwest in the coming years.

### CORRECTION

In last week's article entitled, "Fire at pellet plant," Lt. Phil Rickabaugh was referred to as Lt. Rick Abaugh. The Northwest Missourian apologizes for this error.

## Parental sexual education does not equal advocacy

I once considered it odd my mom not only had "the talk" with me but I could also turn to her for advice on sex whenever I needed to.

My friends and I considered this relationship weird until I discovered her advice may one day save my life.

Many parents choose not to discuss sexual topics with their children. Maybe it's because they fear mentioning the word sex in some way incites sexual behavior. I assume they rationalize mere discussion and edu-

### Faith Defined



Stephanie Stangl  
Managing Editor

cation of the topic somehow promotes promiscuity.

In the bible it states God intended the act of sex to be contingent upon marriage and love between one man and one woman. As much as parents may wish their children to abide by this, whether they wish to admit it or not, premarital sex remains a reality for some students.

In the very least parents ought to advise daughters to get yearly gynecological exams and tell sons to get checked for

sexually-transmitted diseases if and when they become sexually active.

Millions of young adults are infected with STDs every year, many of which could be avoided with a simple 10-minute talk about contraceptives. I'm not saying it won't be uncomfortable. I'm not saying it won't be awkward. But trust me, it's necessary.

Catholicism frowns upon the use of birth control. A friend of mine in high school didn't use birth control because her parents and pastor advised against it. On the last day of high school she announced she was pregnant. Today, she remains in my hometown in a

dead end job, void of a college degree.

In a recent poll of my female friends, I found more than half of them didn't get their yearly exams and a few of them didn't realize they were supposed to. Even if your daughter is not sexually active, yearly exams can still catch things like cervical and ovarian cancer. Doesn't your daughter deserve to know how yearly exams can help her stay healthy?

We also have a person on the staff of The Missourian whose mom had cervical cancer four and a half years prior to finding out because she took a hiatus from yearly exams. According to Women's Health Channel

online, between 250,000 and 1 million women are diagnosed with cervical cancer yearly. Do you want your daughter to be one of the women who didn't catch it in time?

With that said, I date anyone to tell me yearly exams and talks with your children are not important.

And word to the wise for students: Please know it is so crucial to get checked yearly by your gynecologist or medical provider every year once you turn 18 or become sexually active (whichever comes first). Birth control does not protect against STDs and getting exams can detect things like cancer early enough to save your life.

The best part: you don't need your parents' permission for an exam or access to birth control and both are completely confidential.

The Health Center provides both of these services at a minimal charge and the Family Planning Program-Family Guidance Center located at 109 E. Summit Drive provides these services based on your income, often free of charge.

I know parents want to ensure they do not advocate sex. I know fathers don't want their little girls to grow up. But I also know each parent ought to care enough about their children to take 10 minutes to teach them a very crucial life lesson.

## NW MISSOURIAN

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Letters should be no longer than 250 words. Write us: Letters to the Editor, 800 University Drive, Wells Hall #2, Maryville, Mo. 64468; or e-mail northwestmissourian@hotmail.com.

### CAMPUSTALK

## What performer would you like to see come to Maryville?



"Shawn McDonald and Matthew West"  
Jessica Rolf  
Business Management



"Boyz 'n Da Hood"  
Darrin Roberts  
Business Education



"Mike Sullivan"  
Eriko Nakayama  
Undecided



"Anberlin"  
Adam Hance  
Undecided



"David Crowder — He's my favorite."  
Natalie McMillen  
Organizational Communication





**Accidents**

**9/14**  
**Clara M. Anderson**, 19, Maryville, and **Katie E. Dimmer**, 18, Maryville, at Business Highway 71 North and West Fifth Street

**Malinda Bichle**, 37, Maryville, and **Al Bowness**, 80, Maryville, at North Davis Street & East Third Street at 11:01 a.m.

**Trevor Burns**, 17, Maryville, and **Ernest Wilmes**, 63, Maryville, at U.S. Hwy 71 and County Road 268 St. at 11:28 p.m.

**9/15**  
**Ronda Noble**, 23, Stanberry, at 1800 block South Main and Business Hwy 71 at 1:47 p.m.

**9/16**  
**James Arp**, 58, Ogden, Kan., and **Larry Taff**, 55, Eagleville, Mo., at U.S. Hwy 136 and U.S. Hwy 71 at 11:57 a.m.

**9/18**  
**Bradley Luke**, 22, Stanberry at 1600 block South Main & Business Hwy 71 at 3:58 p.m.

**Arrests**

**9/11**  
**12:35 a.m.**  
**Emily L. Neal**, 19, St. Joseph, Mo., MIP, 400 Block North Buchanan

**9/12**  
**8:52 a.m.**  
**Nathan K. Reed**, 20, Skidmore, Mo., driving while suspended, exceeding posted speed limit, 300 Block First Street

**9/13**  
**1:16 a.m.**  
**Tyler J. Wittstruck**, 20, Maryville, MIP, littering, 500 Block North Fillmore

**11:02 p.m.**  
**Skylar Anderson**, 19, Maryville, MIP, 300 block West Third Street.

**Jessica Edwards**, 18, Maryville, MIP, 300 block West Third Street.

**9/14**  
**2:11 a.m.**  
**Kayli Burrell**, 20, Maryville, DWI, MIP, equipment violation, 1400 block South Main.

**9/14**  
**7:17 p.m.**  
**Robert Elfrank**, 23, Kansas City, excessive acceleration, failure to maintain financial responsibility, 200 block East Fifth Street.

**9:36 p.m.**  
**Daniel Florence**, 21, Maryville, no valid driver's license, 1500 block Country Club Road.

**9/15**  
**11:24 p.m.**  
**Craig Wilt**, 20, Maryville, MIP, 400 block South Main.

**9/16**  
**12:40 a.m.**  
**John Goodin**, 19, Maryville, permitting peace disturbance, MIP, disorderly conduct, 800 block North Buchanan.

**Brandon Parsons**, 19, Maryville, permitting peace disturbance, MIP, 800 block North Buchanan.

**Mitchell Roger**, 19, Maryville, permitting peace disturbance, MIP, 800 block North Buchanan.

**2:01 a.m.**  
**Brent Shepherd**, 23, Maryville, permitting peace disturbance, 800 block North Walnut.

**Nathaniel Oster**, 24, Maryville, permitting peace disturbance, disorderly conduct, obstructing a public safety officer, resisting or

**PUBLICSAFETY**

Interfering with arrest, 800 block North Walnut.

**4:49 p.m.**  
**Katlin Wilson**, 19, Maryville, failure to maintain financial responsibility, exceeding posted speed limit, 600 block East Seventh Street.

**5:14 p.m.**  
**Robert Savage**, 54, Maryville, driving while suspended, failure to maintain financial responsibility, exceeding posted speed limit, 700 block Country Club Road.

**7:12 p.m.**  
**Johnathan Brisbin**, 19, Bates City, Mo., MIP, MIP by consumption, failure to stop at a posted stop sign, improper registration, zero tolerance, 200 block West Ninth Street.

**10:59 p.m.**  
**Ronald Marah**, 19, Kansas City, Mo., MIP, 400 block North Buchanan.

**10:49 p.m.**  
**Colin Wilmes**, 20, Maryville, MIP, 200 block West Seventh Street.

**Sean Connolly**, 19, Maryville, MIP, 200 block West Seventh Street.

**11:27 p.m.**  
**Jenna Herr**, 19, Maryville, MIP, 800 block North Buchanan.

**Michelle Schmitz**, 20, Maryville, MIP, 800 block North Buchanan.

**11:36 p.m.**  
**Cameron Williams**, 20, Maryville, MIP, 400 block North Buchanan.

**Bronson Williams**, 24, Maryville, supplying alcohol to a minor, 400 block North Buchanan.

**11:34 p.m.**  
**Ann Clark**, 20, Maryville, MIP, 400 block North Buchanan.

**9/17**  
**12:01 a.m.**  
**Joshua Wilmes**, 19, Maryville, MIP, 600 block West Second Street.

**Cody Pivaler**, 19, Maryville, MIP, 600 block West Second Street.

**Landon Bosio**, 18, Maryville, MIP, 600 block West Second Street.

**12:35 a.m.**  
**Craig Kolthoff**, 20, Maryville, MIP, 400 block North Buchanan.

**1:00 a.m.**  
**Anthony Voltz**, 19, Maryville, MIP, 600 block North Dewey.

**1:26 a.m.**  
**April Beeney**, 17, Maryville, for failure to appear, 400 block North Market Street.

**8:06 p.m.**  
**Samuel Pitts**, 17, Maryville, assault — third degree, 100 block North Buchanan.

**9/18**  
**12:33 a.m.**  
**Scott Honeymann**, 19, Red Oak, Iowa, MIP, equipment violation, zero tolerance, 700 block South Main.

**1:21 a.m.**  
**Lamar Gibson**, 19, St. Joseph, Mo., zero tolerance, MIP, failure to yield from a stop, 100 block East Third Street.

**2:16 a.m.**  
**Christopher Salinas**, 17, Conception, Mo., no valid driver's license, equipment violation, 100 block South Main.

**12:32 p.m.**  
**Sean Welch**, 19, Maryville, leaving the scene of an accident, 300 block North

Mulberry.

**Ongoing investigation**  
**9/14**  
**4:43 p.m.**  
Location Unknown  
Lost or stolen property

**9:26 a.m.**  
1400 block West Fourth Street  
Burglary — second degree

**9/15**  
**5:53 a.m.**  
500 block North Buchanan  
Larceny

**6:36 p.m.**  
Recovered Property  
1100 block South Main  
Wallet recovered

**5:36 p.m.**  
Mozingo Lake  
Lost/stolen property

**9/15**  
**4:59 p.m.**  
600 Block North Mulberry  
Bicycle

**9/16**  
**1:26 p.m.**  
500 block Prather Avenue  
Larceny/stealing

**9/17**  
**7:12 p.m.**  
3100 block East First Street  
property damage — second degree

**MUNICIPALCOURT**

8/30/05

**Speed**  
**Shaun J. Green**, Maryville, \$79.50  
**Tiffany N. Zarling**, Overland Park, Kan. \$132.50

**Stop sign/light**  
**Joel M. McGinness**, Maryville, \$595.50

**Failure to yield**  
**Marilyn J. Ingels**, Maryville, Maryville, \$97.50

**Seat belt violation**  
**Bethany L. Aleantar**, Maryville, \$10

**Improper registration**  
**Brian C. Raymond**, Stanberry, Mo., \$72.50  
**Shaun J. Green**, Maryville, \$50  
Christopher H. Smith, Maryville, \$50

**Defective equipment**  
**Johnathon R. Zimmerman**, Maryville, \$335  
**Daniel J. Christensen**, Maryville, \$297.50

**No insurance proof**  
**Rashandra M. Banks**, Kansas City, Mo., \$197.50  
**Bonnie B. Jasper**, Maryville, \$372.50  
**Brian C. Raymond**, Stanberry, Mo., \$350  
**Christopher H. Smith**, Maryville, \$350

**No valid drivers license**  
**Thomas A. Parkin**, Maryville, \$372.50

**Careless and imprudent driving**  
**Ciera D. Mandlin**, Maryville, \$97.50

**Jillian M. Lawyer**, Maryville, \$97.50  
**Katie L. Kousgaard**, Maryville, \$595.50

**Improper registration**  
**Brian C. Raymond**, Stanberry, Mo., \$72.50  
**Shaun J. Green**, Maryville, \$50  
**Christopher H. Smith**, Maryville, \$50

Driving while license revoked  
**Crystal L. Coffelt**, Maryville, \$522.50

Driving while suspended  
**Christopher H. Smith**, Maryville, \$522.50

Disorderly conduct  
**Jason J. Smith**, Sioux Falls, S.D., \$225  
**Jed M. Antle**, Bethany, Mo., \$122.50  
**Kyle C. Fowler**, Maryville, \$272.50

Failure to comply  
**Jed M. Antle**, Bethany, Mo., \$250.50

**Heather D. Francis**, Maryville, \$272.50  
**Clinton B. Bennett**, Maryville, \$272.50  
**Brian J. Bennett**, Maryville, \$272.50  
**Kristopher D. Cox**, Eagleville, Mo., \$272.50

Minor in possession of alcohol  
**Heather D. Francis**, Maryville, \$200  
**Megan J. Nielsen**, Orange City, Iowa, \$222.50  
**Christopher J. Hanson**, Maryville, \$222.50  
**William A. Moberly**, Maryville, \$222.50

Open container  
**Katie L. Kousgaard**, Maryville, \$250

Property damage  
**Bryan L. Heckman**, Portland, N.D., \$272.50

Dog at large  
**Dean L. Guyman**, Maryville, \$72.50

Nuisance violation  
**Lance Loebis**, Maryville, \$72.50  
**Danny K. Pankau**, Jameson, Mo., \$72.50

Failure to pay parking ticket(s)  
**Robert W. Crowe**, Urbandale, Iowa, \$32.50

Failure to appear  
**Jerry L. VanPelt**, Maryville, \$72.50

**Clarence Melbert IV**, Martin City, Mo., \$72.50  
**Jeffery T. Harp**, Omaha, Neb., \$122.50  
**Joshua R. Derry**, New Market, Iowa, \$72.50  
**Bethany L. Aleantar**, Maryville, \$97.50  
**Shaun J. Green**, Maryville, \$72.50

Failure to pay fines as agreed  
**Clarence Melbert IV**, Martin City, Mo., \$97.50  
**Jerry L. VanPelt**, Maryville, \$97.50

**BIRTHS**

**Barbara Stiff**, Hot Springs Village, Ark.

**Gunner David Smith**

Tyler and Heather Smith, Maryville, are the parents of Gunner David Smith, born Sept. 1 at St. Francis Hospital in Maryville.

He weighed 7 pounds, 15 ounces.

His grandparents are Joe and Marie Ney, Hanston, Kan.; and David and Lona Smith, Everest, Kan.

**Kyara Mae-Elizabeth Keller**

Carly Albright and Mark Keller are the parents of Kyara Mae-Elizabeth Keller, born Sept. 6 at St. Francis Hospital in Maryville.

She weighed 8 pounds, 12 ounces and joins siblings Keaton Albright, Ebonee and Manogance Keller.

Her grandparents are Viola Crum, Maryville; Mike Albright, Bedford, Iowa; and Renee Walston, Bedford, Iowa.

**Andrew John (AJ) Willard II**

Andy and Amy Willard, Maryville, are the parents of Andrew John (AJ) Willard II, born Sept. 6 at St. Francis Hospital in Maryville.

He weighed 8 pounds, 4 ounces and joins siblings Tayler and Baylee Willard.

His grandparents are Rego and Winifred Jones, Maryville; and John and Deanna Willard, Evansville, Ind.

**DEATHS**

Nodaway Valley Bank.

**Charlotte Auten**

Charlotte Auten passed away at her home on Saturday, Sept. 17.

Charlotte was employed by Aramark and worked in the food court area.

Services for Charlotte were at 1 p.m. Tuesday, at the Skidmore United Methodist Church in Skidmore, Mo.

Memorials may be made to the Skidmore United Methodist Church or to SSM Hospice of Northwest Missouri.

**Vanessa Ashlyn Hill**  
Jacob and Trisha Hill, Bedford, Iowa, are the parents of Vanessa Ashlyn Hill, born Sept. 7 at St. Francis Hospital in Maryville.  
She weighed 8 pounds, 10 ounces and joins one brother, Trey.  
Her grandparents are Teresa Moore and Darwin Force, Bedford, Iowa; Tom Moore, Lenox, Iowa; Lorelei and Stephen Rusco, Gravity, Iowa; and Richard and Marlene Hill, Clinton, Mo.

**Cooper Joseph Gastler**

Chad and Amy Gastler, Maryville, are the parents of Cooper Joseph Gastler, born Sept. 7 at St. Francis Hospital in Maryville.

He weighed 7 pounds, 9 ounces and joins one sister, Kamryn.

His grandparents are Connie Riggs, Maryville; Jerry and Mary Riggs, Maryville; and Steve and Melinda Gastler, Martinsburg, Mo.

**Ava Claire Stiff**

Tina and Tim Stiff, Maryville, are the parents of Ava Claire Stiff, born Sept. 2 at St. Francis Hospital in Maryville.

She weighed 6 pounds, 11 ounces and joins one brother, Mason, and one sister, Olivia.

Her grandparents are Mickey Ebrecht, Skidmore, Mo.; Virgil and Mary Ebrecht, Elberfeld, Ind.; and Bill and

**Rebecca Greeley**

Rebecca Greeley passed away on Sunday, Sept. 18, at Heartland Regional Hospital.

Becky was a 1983 graduate of Northwest and was employed by the Bearcat Bookstore for 20 years.

Visitation was Tuesday from 6 – 8 p.m. at the Danfelt Funeral Home. Services were Wednesday, at the Clearmont Baptist Church, Clearmont, Mo.

In lieu of flowers, a memorial fund has been set up for her three children at

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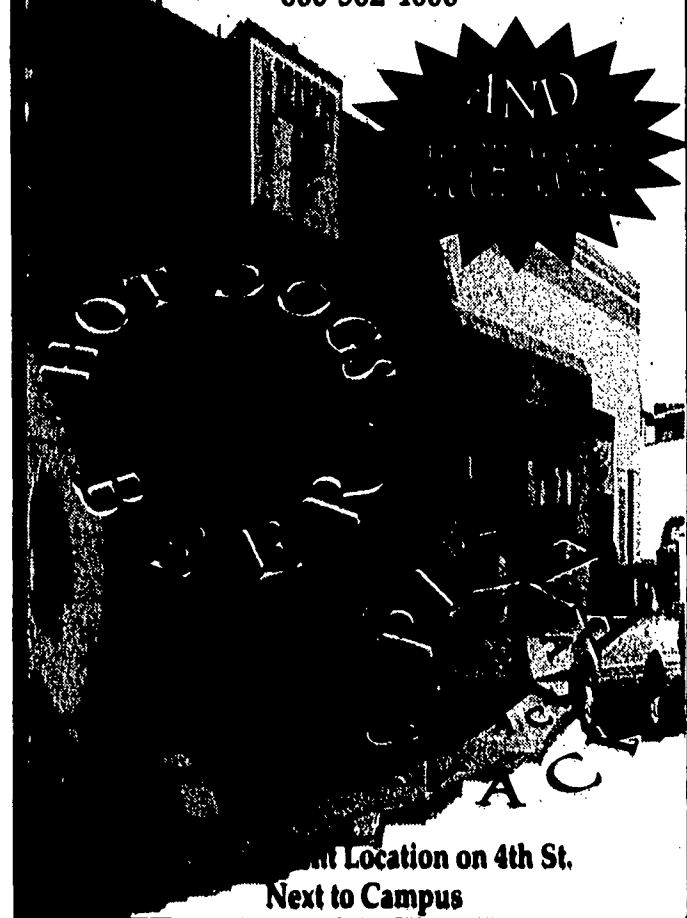
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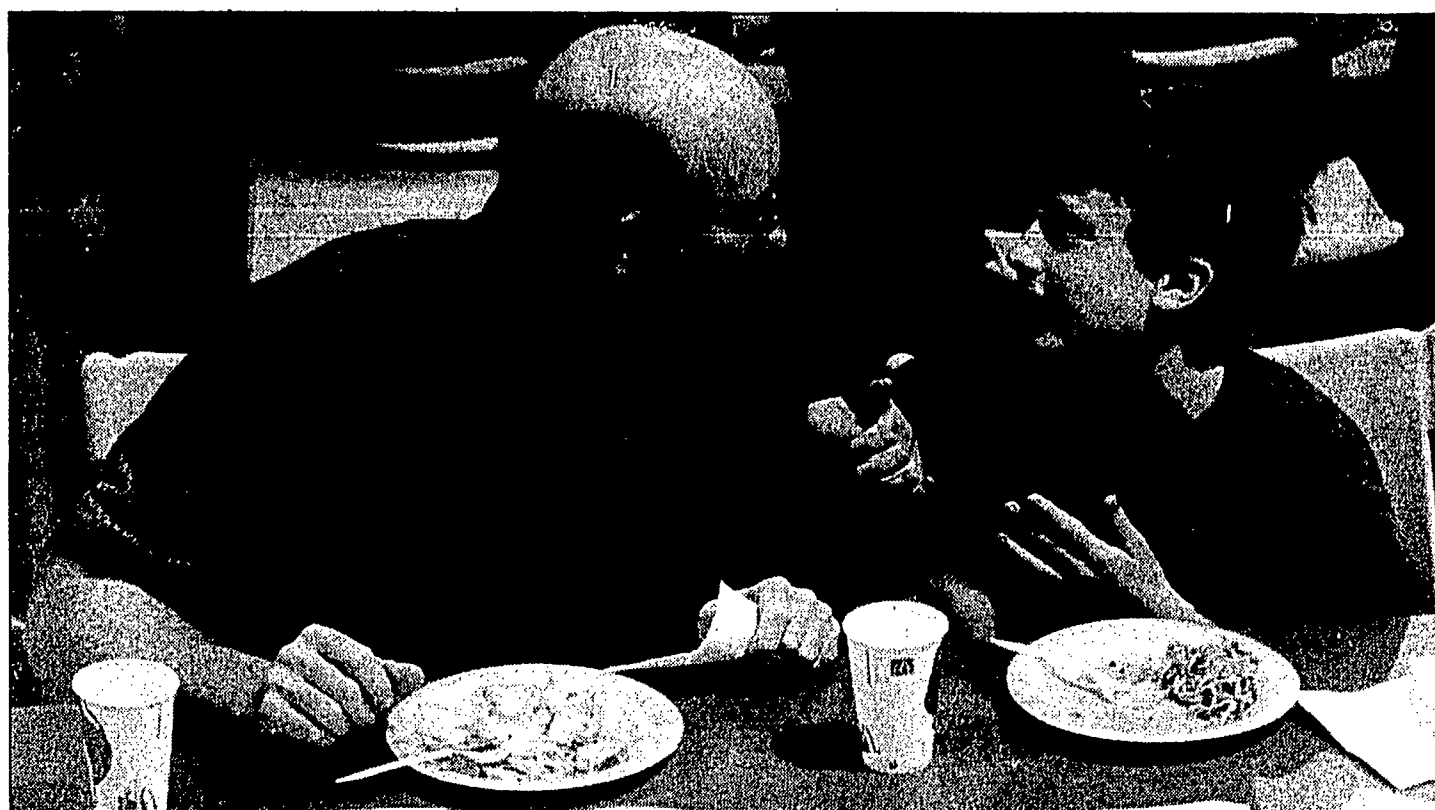
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# Maryville reaches for wallets to support those hit by Katrina's wrath



**ABOVE:** Ben Collier and Ryan Collier talk amongst themselves at the Hurricane Relief Benefit on Wednesday night.

**The Maryville Community Center played host to a spaghetti dinner to benefit victims of Hurricane Katrina. Officials said over \$6,500 was raised through donations and a raffle. For more on Hurricane Katrina and the effects it has had on Maryville and the surrounding area visit**

[www.nwmissourianews.com](http://www.nwmissourianews.com)



**CONTRIBUTING TO THE** hurricane relief effort, Jolaine Zweifel deposits a check into the donation box located at the entrance of the Maryville Community Center's gymnasium.



PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER



**TOP RIGHT:** Lori Durbin places raffle tickets into a box that she hopes will win her a 4 X 4 All Terrain Vehicle at the Hurricane Relief Benefit. All proceeds from the raffle will go to the Hurricane relief fund.

**ABOVE:** The gymnasium of the Maryville Community Center was temporarily renovated into a cafeteria while it hosted the Hurricane Relief Benefit on Wednesday.

**LEFT:** Stacy Bundridge talks with a co-worker at the Hurricane-Relief effort held at the Maryville Community Center.

## LEADS: Community lends helping hand, fork for victims

continued from A1

Neustadter, retired Maryville resident. "I think the event is terrific. It's nice to see so many community members here, especially the kids."

More than just a "good turnout" and "great food," benefit attendees were happy to see a locally-sponsored event.

"It went over very well," said Robert Dewhirst, professor of history, humanities, philosophy and political

science. "It's nice to do something here in Maryville to help out the people (on the Gulf Coast)."

"The raffle was a good idea, too. People end up winning something they actually wanted to win."

Those in attendance had a chance to win various prize packages. Items in the raffle included football game tickets, tanning and massage sessions, steaks, pedicure packages, an autographed football, an ATV and more.

## CAGLE: Cagle, Roberts to perform

cracked the top 40 charts produced by Radio and Records, Inc.

Lawson said as of Tuesday, 321 tickets had been sold out of 2,603.

All seating for the concert will be reserved, with 900 seats available on the floor near the stage.

The council is also presenting Margaret Cho Wednesday Oct. 12.

Student Activities Council member Logan Galloway said an opportunity to bring in a nationally-known comic like Cho was too good to pass up.

"We've had Ellen DeGeneres in the past I think, but that was before I was here," Galloway said. "Cho is popular, plus she is freaking hilarious."

Galloway said bringing in a comedian was just another part of the groups effort to find activities that will interest all niches of the student population.

Plans call for another large concert to be held again in the spring, but that likely won't be announced until January or later.

"We have to find dates that are available first," Lawson said. "From there we go and try to find performers that fit what we are looking for."

Tickets for both shows are available at the Student Services Desk in the Administration Building or by calling 562-1212.

## Dramatic landing for plane

Associated Press

**LOS ANGELES** - A Jet-Blue airliner with faulty landing gear touched down safely Wednesday at Los Angeles International Airport after circling the region for three hours with its front wheels turned sideways, unable to be retracted into the plane.

The pilot landed on the back wheels, then eased onto the front tires, which shot flames along the runway before tearing off. The metal landing gear scraped for the final yards as the plane came to a stop.

Within minutes of landing, the plane's door was opened and the 140 passengers walked down a stairway with their luggage and onto the tarmac, where buses waited.

"We all cheered. I was bawling. I cried so much," said Christine Lund, 25.

Zachary Mascon said it was surreal to watch the emergency unfold on news coverage on a television inside the plane. At one point, he said, he tried to call his family, but his cell phone call wouldn't go through.

"I wanted to call my dad

to tell him I'm alive so far," the 27-year-old musician said.

He praised the flight crew's professionalism and how calmly they handled the emergency.

The plane landed at an auxiliary runway where fire trucks and emergency crews had massed to help. No injuries were immediately reported among the passengers and six crew members, fire officials said.

"It was a very, very smooth landing. The pilot did an outstanding job," said fire Battalion Chief Lou Roupoli.

## Rita sets her sights on Texas

Associated Press

**GALVESTON, Texas** - Gaining strength with frightening speed, Hurricane Rita swirled toward the Gulf Coast a Category 5, 165-mph monster Wednesday as more than 1.3 million people in Texas and Louisiana were sent packing on orders from authorities who learned a bitter lesson from Katrina.

"It's scary. It's really scary," Shalonda Dunn said as she and her 5- and 9-year-old daughters waited to board a bus arranged by emergency authorities in Galveston. "I'm glad we've got the opportunity to leave. ... You never know what can happen."

With Rita projected to hit Texas by Saturday, Gov. Rick Perry urged residents along the state's entire coast to

begin evacuating. And New Orleans braced for the possibility that the storm could swamp the misery-stricken city all over again.

Galveston, low-lying parts of Corpus Christi and Houston, and mostly emptied-out New Orleans were under mandatory evacuation orders as Rita side-swiped the Florida Keys and began drawing energy with terrifying efficiency from the warm waters of the Gulf of Mexico. Between 2 a.m. and 4 p.m., it went from a 115-mph Category 2 to a 165-mph Category 5.

Forecasters said Rita could be the most intense hurricane on record ever to hit Texas, and easily one of the most powerful ever to plow into the U.S. mainland. Category 5 is the highest on the scale, and only three

Category 5 hurricanes are known to have hit the U.S. mainland — most recently, Andrew, which smashed South Florida in 1992.

Government officials eager to show they had learned their lessons from the sluggish response to Katrina sent in hundreds of buses to evacuate the poor, moved out hospital and nursing home patients, dispatched truckloads of water, ice and ready-made meals, and put rescue and medical teams on standby. An Army general in Texas was told to be ready to assume control of a military task force in Rita's wake.

"We hope and pray that Hurricane Rita will not be a devastating storm, but we got to be ready for the worst," President Bush said in Washington.



## 'Hounds hope for turnaround

By Brendan Kelley  
Assistant Sports Editor

If the Maryville Spoofhounds were writing a novel about their season the first two chapters would be a little grim. The 'Hounds dropped their season opener against Cameron which they followed up with a loss on the road to Chillicothe.

As with any good story, the home team always ends up fighting back and that's what the 'Hounds are hoping for when they line-up against California Friday night in Excelsior Springs.

"We really need to get a win to get rolling this year," sophomore Tyler Oglesby said. "It would get our fans

back and involved."

California somewhat resembles Maryville in that they have a youthful team that is capable of accomplishing a lot this season.

"They're young and growing just like we are," Coach Paul Miller said. "They are technically very sound, they're very patient and do a lot of good things on the ball."

The 'Hounds have had an extra week to prepare for the game with the bye week last week. They have used that time to make some changes and prepare for Friday.

"I think that the extra time has helped a lot," Miller said.

Maryville (0-2)  
vs.  
California (0-3)  
at  
Excelsior  
Springs  
7 p.m.



see **HOUNDS** on B4



**KENDALL WRIGHT** strides into the endzone Saturday in a 31-21 victory over Missouri Western. The Bearcats improved to 3-1 on the year and now prepare for Missouri Southern this weekend.

## Plenty of passing in store for 'Cats

By Jerome Boettcher  
Sports Editor

If there was any thought that the Northwest football team could breathe easier now that rival Missouri Western was out of the way, coach Mel Tjeerdsma erased that idea quickly Tuesday after practice.

"Should we be concerned? I would think so, after what they did last year," Tjeerdsma said.

What Missouri Southern did against the Bearcats last year was pass for 419 yards and lead 7-0, the first time last season the 'Cats allowed an opponent to score first.

"I think we'll be fine, we've done a really good job," Tjeerdsma said. "The key is our defensive line, if they get off the ball and control the line of scrimmage, if we could put pressure on their quarterback with a four-man rush then they're not going to have a lot of passing yards against us."

The Bearcat offense didn't struggle against Southern either as they threw for 606 yards in their 55-19 win. However, it's a different year for both teams. Southern is coming off a 49-20 loss to No. 8 Pittsburg State and sits at 2-2 on the season and 1-1 in the conference.

The Lions have a new quarterback, Adam Hinspeter, who has completed 75 percent of his passes and averages 290 yards per game. Hinspeter has only thrown one interception.

"It is a little bit of a concern but not for real because it's a totally different team," cornerback Brandon Clayton said. "I know they threw for 419 last year but it's a new season, I heard they got a new quarterback, so hopefully we can flip the tables."

Southern's defense only allows 217 passing yards per game but allows 164.5 rushing yards per game.

see **PASSING** on B2

## 'Cats fall in 5 games; Truman up next

By Andy Timko  
Missourian Reporter

The Bearcat volleyball team could not beat one of their foes Wednesday as Missouri Western stopped the 'Cats bid for a home win.

The 'Cats (6-9) played five close games with the Griffons but could not prevail, losing (26-30, 25-30, 30-22, 30-27, 13-15).

"Anytime you can go five games with a team in the MIAA it's good," Coach Lori Slight said. "We're improving every game."

The Griffons took early leads in the first three games and shut down the 'Cats until late in the third game.

With the score tied at 20 the 'Cats scored 10 points while only giving up two to win the game.

"I think we were pretty sick of getting beat in three," outside hitter MacKenzie Heston said.

"Things didn't go our way, but we fought to the end."

By winning game four the 'Cats forced a game five and a chance at winning the match.

A few quick errors and the Griffons had an 11-5 lead.

After scoring five points in a row the 'Cats were within one of the lead, but errors again proved costly and the game was lost.

"We messed up a couple passes and we started to question ourselves," outside hitter Sarah Trowbridge said. "We need to learn to start from the beginning. We need to play the first 15, not the second 15."

Heston posted 19 kills on the night and Molly Hankins and Katie Stilwell both had 29 assists. Stilwell moved into the No. 7 spot in Bearcat career assists with 1,187. Freshman Amy Bonker contributed five solo blocks on the night.

The 'Cats are back in action at 4 p.m. Saturday at Truman State

# Group trades cleats in for clipboards

### Not so fresh faces

Five Bearcats from last season have left the field and headed for the sidelines as either graduate assistants or volunteer coaches.



**Chad Bostwick**  
2004 Honorable Mention All-MIAA Linebacker. Currently serves as graduate assistant.



**Steve Morrison**  
Former Bearcat defensive back. Currently serves as student assistant.



**Eric Goudge**  
Served as long snapper for four straight years. Currently serves as student assistant.



**Tony Glover**  
Two-Sport Athlete at Northwest. Currently serves as graduate assistant.



**Troy Tysdahl**  
2004 All-MIAA Linebacker. Currently serves as student assistant.



**TONY GLOVER** gives out instruction during a recent Northwest game. Glover along with several other former Bearcats have taken on the role of coaching.

## A handful of last year's seniors now act as coaches for 'Cats

By Jerome Boettcher  
Sports Editor

Troy Tysdahl anxiously watches from above as the two teams fight it out.

He sits in concentration watching the plays develop, his attention intensely focused on the game.

For awhile play goes on as normal and the game unravels like a scripted novel. Suddenly, there is a pop and Tysdahl's eyes light up in a marked change from his normal state of concentration.

"I just want to hit somebody," he says. "I'm even farther away from the action a little bit, but that's probably better for me because I get kind of vocal and I want to be out there."

Tysdahl isn't on the field, he's not in the game. His playing career is over but in order to stay with the game he loves so much he sits in a box high above the field, observing players and plays, watching for little miscues to build on for the next game.

He no longer hits players, he no longer makes the big plays but instead he teaches others how to hit, how to make the big plays.

Tysdahl is a coach, a big jump from a season ago in which he was

on the field for the Bearcats lighting opponents up. He teaches young linebackers his knowledge of the game, his secrets; it's his way of staying with the game.

Tysdahl, however, is not alone. Four other former teammates join him who continued on with the Northwest tradition but in a different light.

Tony Glover, Chad Bostwick, Steve Morrison and Eric Goudge all serve as assistants for the Bearcat football team. All of them were on the field a year ago.

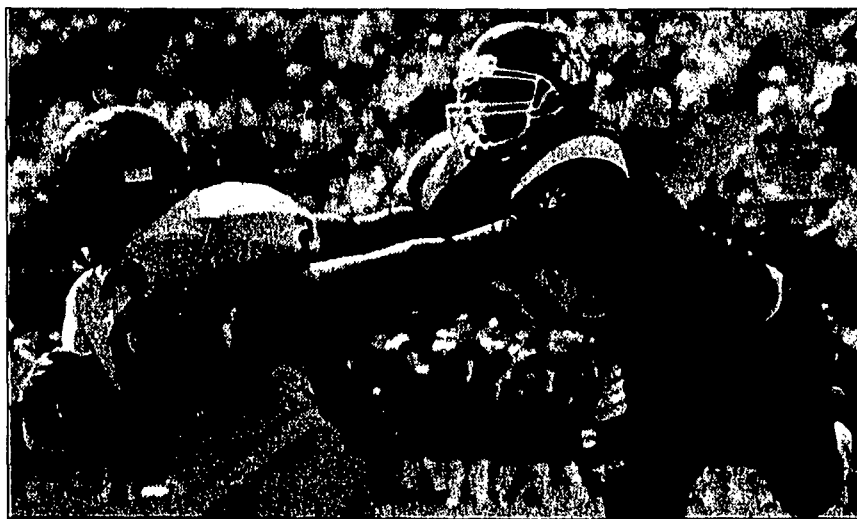
Though the others' enthusiasm might not be expressed as vocally as Tysdahl's, it's still there and that's why they continue coaching.

For some of the new coaches it's tough to adjust to the authority figure of being a coach, to remember these are their students first, friends second.

"That's always a tough thing when you're in that position but I don't think that's been an issue all this year," Coach Mel Tjeerdsma said.

They know what their duty is. Besides three of them, excluding Tony Glover and Chad Bostwick, who are graduate assistants, are

see **COACHES** on B2



**TROY TYSDAHL** along with a handful of other former Bearcats now coach Northwest players. Tysdahl was selected all-MIAA during his senior season.

## THE NEXT FIVE



MSSU  
Sept. 24  
1 p.m.  
Bearcat Stadium



@ Emporia State  
Oct. 1  
2 p.m.



Washburn  
Oct. 8  
1 p.m.  
Bearcat Stadium



CMSU  
Oct. 22  
1:30 p.m.  
Bearcat Stadium



Pittsburg State  
Oct. 29  
2 p.m.  
Arrowhead Stadium  
Contact the Student Services Desk  
562-1212 for ticket info.

WHO'S WHERE?  
THE MIAA THIS WEEK

Saturday Sept. 24  
MWSU@TSU 12 p.m.  
Washburn@SBU 1:30 p.m.  
ESU@PSU 2:00 p.m.  
Central Missouri idle

LAST WEEK?  
MIAA GAMES

Central Missouri 69  
Truman State 17

Emporia State 45  
Southwest Baptist 28

Pittsburg State 49,  
Missouri Southern 20

C. Washington 48,  
Washburn 42

AFCA Division II  
Coaches' Poll

1. Grand Valley St. (Mich.) (16)
2. North Dakota (5)
3. Texas A&M-Kingsville
4. Nebraska-Omaha
5. Carson-Newman (Tenn.) (1)
6. East Stroudsburg (Pa.)
7. Pittsburg St. (Kan.)\*
8. Valdosta St. (Ga.)
9. Saginaw Valley St. (Mich.)
10. Northwest Missouri St.
11. Tuskegee (Ala.)
12. Arkansas Tech
13. St. Cloud State (Minn.)
14. South Dakota
15. Michigan Tech
16. Albany St. (Texas)
17. Tarleton St. (Texas)
18. North Alabama
19. Northwood (Mich.)
20. Edinboro (Pa.)
21. Bloomsburg (Pa.)
22. Catawba (N.C.)
23. Delta St. (Miss.)
24. Harding (Ark.)
25. Shepherd (W. Va.)

\* Indicates conference teams

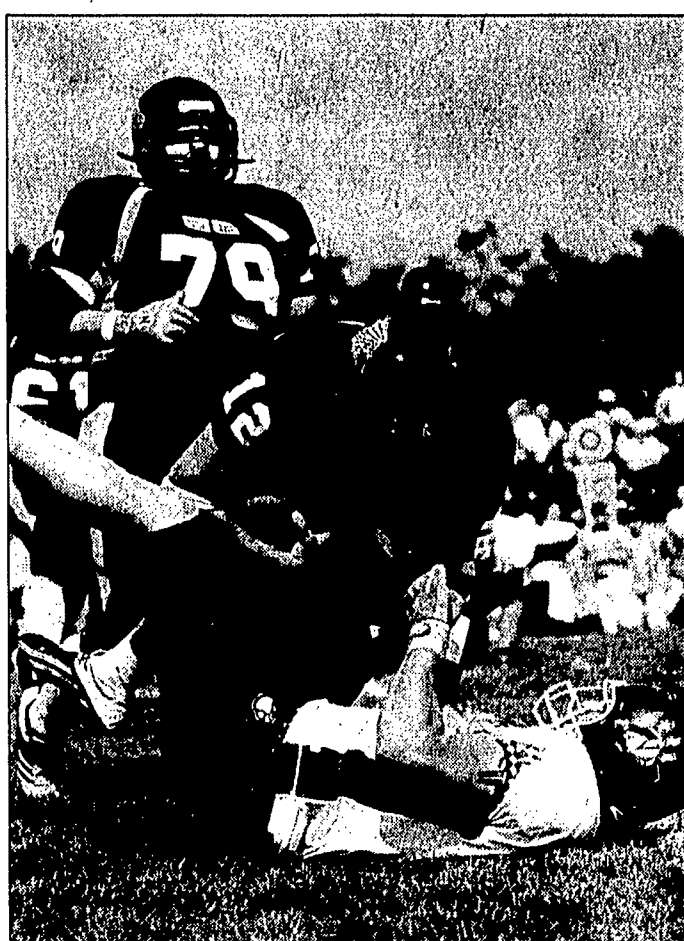


PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

**SENIOR DAVE TOLLEFSON** recorded four sacks Saturday against Missouri Western. Tollefson and the defense held the high-octane Griffon offense to just 99 passing yards.

Sack record nearly falls;  
Tollefson has huge game

By Jerome Boettcher  
Sports Editor

In a game full of uncertainties, the Northwest football team put together probably their best performance of the season in a 31-21 victory over conference rival Missouri Western on Saturday.

Without starters Steve Williams, Cody Campbell and Xavier Omon, the Bearcats used strong offensive performances from quarterback Josh Lamberson and running back Mitch Herring to produce their highest point total of the season.

After Missouri Western cut the score to 24-21 with over 11 minutes left in the game, Northwest responded. Sparked by a 49-yard pass play to Kendall Wright, the Bearcats marched 80 yards down the field in six plays to add some insurance. The drive was capped off by a five yard rushing touchdown by quarterback Josh Lamberson.

"For Josh to have three touchdown passes then for him to be able to score the last touchdown for him that had to be real satisfying—I know it was for me—because of the grief he's had in the last two times we've played (Western)," Tjeerdsma said.

The game marked the first time Lamberson has faced Western without getting hurt. Two years ago he hurt his ankle and last season he endured a season-ending hip injury against the Griffons.

"It really wasn't in the forefront of our minds coming into the week but it was probably in the back, somewhere back there, just the weird jinx that had happened the last two years against Missouri

Western," Lamberson said. "That's over and done with and now we can just concentrate on getting through the rest of the season, hopefully healthy, and having our offense starting to click a little bit and really start to get going."

Lamberson hooked up with eight different teammates for 242 yards on 21-of-30 passing and three touchdowns.

For the running game, Herring replaced Xavier Omon, who had an ankle injury, and rushed for 134 yards and one touchdown.

On the defensive side, Missouri Western quarterback Michael Burton, who was the top passing quarterback in the conference, was held to 99 passing yards.

Senior captain Dave Tollefson sacked Burton four times—a half a sack shy of the school record. He also had one batted ball and one blocked punt.

"We worked on it all week, I just threw the swim move in and it was like I saw the white light, it was there," Tollefson said.

The blocked punt led to Northwest's first touchdown because on the 'Cats very next play Lamberson found tight end Jon Goss for a three-yard touchdown.

Though both sides played well, the team still thinks they could have done better. The Bearcats had 10 penalties for 74 yards and Lamberson thought most of his incompletions (nine) could have been completed.

"You always want to be better, you can never really be satisfied with your performance but definitely to date I felt the best I felt coming out of a game," Lamberson said.

## Changes in Ticket Policy

The Northwest athletic department has changed its ticket policy. Starting this Saturday, the box office will be opened earlier. The booth will open at 10:30 a.m. and the gates will open at 11:30 a.m. For more information call (660) 562-1212.

COACHES: Staying involved a  
reason for coming back

Continued from B1

graduate assistants, are volunteers. They don't have to do this, they want to.

"At first I really couldn't decide if it was easier or harder, because out at practice you want to be out there actually playing," Tysdahl said. "Then I thought about it and if I was at home I'd miss it more."

To the players, some of whom are close friends, these coaches are respected. They know the former players know what they are talking about. They saw them do it on the field.

Some are inspired by their wisdom, maybe influenced enough that it could be a future ambition down the road.

The coaches say their desire to stay in Maryville, to coach, to stay with the program is because the environment they are surrounded by has influenced them the most.

What Tjeerdsma teaches inspires them to pass on his wisdom. Through their respective specialty they are doing that.

Though long snapping might not seem like much to the average fan, for four years it was Eric Goudge's job. His coaching does not go unnoticed as his particular area was clearly evident in the first game in which two snaps went awry. The education major now teaches his trade and eventually Goudge says he may coach somewhere.

This is a step, it might not seem like much, an unpaid job that doesn't get a lot of credit but it's what they want to do.

"You can't do it for a better program and you get your name out there and make some pretty good contacts with these coaches," Goudge said.

Tony Glover is holding out for a national championship, something he couldn't get during his playing career. His last season ended early because of an achilles tendon injury and now he coaches a secondary faced with adversity.

"Initially I just did it just because I needed to stay in rehab, to be honest," Glover said. "But I really find that I have a passion for it and it's something I could see myself doing for quite some time."

Steve Morrison's career also was hampered by injury. Morrison suffered five knee injuries throughout his play-

ing career and did not play his senior year. Morrison was offered a scholarship to be a student assistant this year and helps coach the safeties.

"I love football and I mean I couldn't just leave," Morrison said. "They give me an opportunity to come out and help out so I couldn't turn that down."

Though the family environment encourages some former players to stay, for one new coach it runs in the family. Chad Bostwick sits in the shadow of his older brother Scott Bostwick, the defensive coordinator.

Chad not only gets to coach along side his brother but those friends he has gained through his years at Northwest also are still with him.

"It's great still being around Troy, he came in the same year and (we) were roommates freshman year and we've been roommates and friends ever since then," Chad said. "It's good being around here, I wouldn't want to be a grad assistant anywhere else."

Players are quick to say that this is a family, it is an atmosphere you don't want to leave. A place where players feel appreciated and acknowledged.

Those with the program agree that is why the team traditionally performs well, why so much pride comes with putting on a Northwest football uniform.

"We really are like brothers out here, we'd do anything for anybody. From the coaching staff on down to the managers, I think if you ask anybody to a man they would give their shirt off their back for anybody on this team," quarterback Josh Lamberson said. "I think that's a great testament to Coach T and the rest of the coaching staff for what they've created here. (It's) just a very comfortable pleasant family atmosphere to be around."

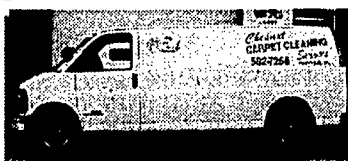
Lamberson hopes to be the next new coach on the staff. He wants to share his knowledge with newcomers, with the rest of the team.

The love that Tjeerdsma expresses and preaches to his players carries on to the next generation and now plays a pivotal part in the lives of the young men he has helped mold.

That much is evident by those who stick around and help, even after their playing days are done.

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## Defensive End earns honors

For the second straight week a Northwest player was named the MIAA Defensive Player of the Week. Defensive end Dave Tollefson received the honor for his performance against Missouri Western. Tollefson recorded four sacks, a blocked punt and a batted ball. The senior captain was a half a sack away from the school record.

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## PASSING: Bearcats not looking past Mo. Southern

Continued from B1

"They're not overly big but they're a very fast defense. I think we're going to have to try to take advantage of that, maybe run up inside of the tackles along this weekend," Lamberson said.

"We'll see how Xavier (Omon) is coming along with his ankle, he looked pretty good out here at practice (Tuesday). I think we ran the ball pretty well but I think we could run it better, so I think we'll do that a little better and see where that takes us."

Three starters sat out against Missouri Western and Xavier Omon will likely be the only one back against Southern. Omon was nursing a high ankle sprain he suffered against Truman State a couple weeks ago but Tjeerdsma said that he has been making progress in practice.

Senior captain and defensive tackle Steve Williams will likely sit for the third straight game with an abdominal and groin injury but might be back in action against Emporia State on Oct. 1. Tjeerdsma said offensive tackle Cody Campbell is out for an extended time and maybe for the rest of the season. He suffered pain early Sunday morning after Northwest's game against Truman.

However, despite all the adversity, backups offensive tackle Reid Kerby, running back Mitch Herring and defensive tackle Dallas Flynn filled the holes for the team and performed well.

"Some guys stepped up, that's what you have to have if you're going to have a good football team and you're going to be a good team then everybody's going to have injuries. The good teams step up and make up for it and that's what happened Saturday with our team," Tjeerdsma said.



NORTHWEST'S MARGARET TRUMMER tries to knock the ball loose from a Southwest Baptist player at Bearcat Pitch. Northwest dropped the contest 3-0 to Southwest Baptist.

## 'Cats lose games along with Gutschenritter

By James Evans  
Staff Writer

It was a tale of two halves. The first filled with action and scoring. The second a scoreless defensive struggle. For the Northwest soccer team, the tale was a sad one.

The Bearcats lost at home Tuesday night against perennial MIAA power Southwest Baptist University. The high powered offense of SBU was too much for the Bearcats defeating them 3-0.

The first half started with two quick saves by senior goalkeeper Michelle Goold in the first two minutes. Northwest battled to keep SBU away from their goal. Shannon Fitzgerald and Jamie Campbell had close shots that were nearly goals for Northwest. Goold faced numerous shots in the first 20 minutes.

The offense of SBU finally overwhelmed the Bearcats, scoring with 24 minutes left in the first half. That goal was quickly followed five minutes later by a shot that drifted over Goold into the goal.

Northwest stopped the

onslaught briefly by passing the ball downfield for a shot by Megan Kruger that was saved with 11 minutes left. Southwest Baptist scored one more time in the half with seven minutes left.

In the second, both teams came out slowly. Shots and goalkeepers' saves dominated the half. Northwest's defense kept the SBU offense from scoring in the second.

"Our defense played tighter together. We did a better job of getting to the ball first," Northwest defender Amy Jackson said.

Jackson also credited freshman goalie Megan Newland's work. "She did a great job," Jackson said.

Northwest faced SBU without the help of starting forward and leading scorer in the previous two seasons Beth Gutschenritter. Gutschenritter injured

her ACL in last Friday's loss against CMSU and is out for the season.

"We need to have a little bit of patience and confidence in ourselves and know that we can do it," Coach Tracy Cross said.

Adding another storyline to the game, Northwest midfielder/forward Kayla Griffin faced her old team for the first time since transferring this year.

"It was a pretty personal game because you know you want to go out and win. You want to play your best and make them wish you were still there," Griffin said.

Northwest will put the loss behind them as they prepare to go on the road to face Emporia State at 2 p.m. on Sept. 24.

"I know that we can play better and I know that we will play better," Cross said.

## Teams finish 19th

By Jared Littlejohn  
Staff Writer

Both the men's and women's cross-country teams ran at the annual Woody Greeno Invitational in Lincoln, Neb., and both finished 19th.

Freshman standout Anna O'Brien led the women's team, finishing the race 30th among collegiate participants. O'Brien finished with a time of 23:23 in the six-kilometer race, ranking her fourth fastest on the Bearcats all-time list. Second for Northwest was sophomore Karah Spader who finished in 24:08, for 70th place. Maggie McManigal ran a 24:35 for a 94th place finish.

The top four of eight runners on the women's team are freshmen, but coach Scott Lorek isn't worried.

"It's a good thing for the future, we're young but they are doing well," Lorek said.

The men's 19th place finish was actually 10th out of 20 collegiate teams, although it could have been better if it

weren't for the loss of Austin Huerta's shoe.

"His shoe was stepped on," Coach Richard Alsup said.

In the herd of 300 runners, Huerta didn't have a chance to get it back. He eventually had to leave the race.

"We didn't have a great race, but these are good young people," Alsup said.

Junior Matt Pohren finished the competition in 35th place with a time of 27:06 in the eight-kilometer race. Pohren has finished first for Northwest in each of the last three races.

Finishing 44th was junior Drew Wilson with a time of 27:16. Brandon Dart rounded out the top three for the 'Cats, finishing at 27:39.

The women's team prepares for their Oct. 1 meet at the Loyola Lakefront Invitational in Chicago, Ill. The men's team works toward their next race this weekend in Crete, Neb., at the Dean White Invitational.

### SPORTSBRIEF

On Tuesday Student Senate approved wrestling a student organization at Northwest.

It will be the first time that wrestling will be affiliated with the school in over 15 years.

Graduate student David Nugent, 23, will lead the club sport. The organization will be advised by Loren Butler

and Terry Robertson of the Health, Physical Education, Recreation and Dance department.

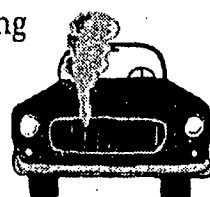
The group will practice at Albany High School, about 40 miles away from campus. Anyone still interested in joining can call David Nugent at (660) 349-9257.

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AMANDA GOLDEN  
MARANDA HANKE  
ALI HATFIELD  
CARRIE HELFERS  
JENNIFER KISS  
KORI MCGINNIS  
MORGHAN NOLAND  
KELLY PETERSON  
RACHEL RAPP  
ANNA RATHJEN  
BRITNI ROBERTSON

LINDSEY ROBERTSON  
JACY ROHLFS  
MEGAN RYER  
JESSICA SHERMAN  
JODI SPOONEMORE  
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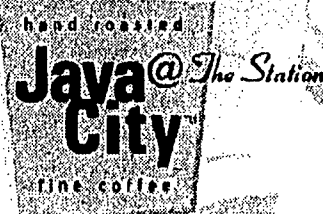
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## HOUNDS: Confidence high heading into showdown

Continued from B1

"Last week we talked about being confident and doing the things that we are capable of doing. I was very proud of them tonight they were very confident."

A keys for the 'Hounds against California and for the remainder of the season is getting good offensive line play.

"With this football team when our offensive line plays off it's best the entire team feeds off of that," Miller said. "The offensive line dictates this team's attitude."

In Chillicothe the 'Hounds made back to back defensive stands with their backs against the goal line. Turnovers, however, eventually led to Chillicothe getting their first score of the game. This is something that the 'Hounds know they must change.

"Our offense needs to help our defense by keeping the ball a little longer," senior lineman Dexter Partridge said. "We have a lot of young guys, but we have to give our defense a breather."

Football can be a complex game, but Miller believes that the problems the 'Hounds

are having right now can be answered with an easy solution.

"I would like to see more hustle on defense," Miller said. "We're only as strong as our weakest link and if we've got one guy out there not hustling then that's where the ball is going to go."

The game in Excelsior Springs will be the third start for first-year quarterback Kevin Schluter who is hoping to find some answers to the offensive miscues that have plagued the 'Hounds so far this season.

"Kevin has had some good practices this week," Miller said. "He's starting to see things in the passing game a little more clearly."

The most important factor for the 'Hounds the rest of the season has nothing to do with X's and O's. Instead, they are dealing with life lessons.

"The most important thing for us is to learn who we are and what we are capable of doing," Miller said. "Are we doing the things that we are capable of doing? Are we playing at 100 percent? Those are the things that they are going to learn and take with them through life."

### Nodaway-Holt 54, South Nodaway 0

S. Nodaway 0 0 0-0  
Nodaway-Holt 24 30-54

#### First Quarter

N — B.J. McGary 40 pass from Russel Miller (Nate Jeter run)  
N — Jeter 65 run (Derek Derr run)  
N — Jeter 45 run (Derr run)

#### Second Quarter

N — Miller 19 interception return (McGary pass from Miller)  
N — McGary 5 pass from Miller (pass failed)  
N — Jeter 15 run (Will Everhart run)  
N — Jeter 45 run (Everhart run)

#### INDIVIDUAL STATS

RUSHING—N — Jeter 5-190. S — Tyler Salsbury 11-39.  
PASSING—N — Miller 3-3-0-62. S — Jason Cozine 2-9-2-19.  
RECEIVING—N — McGary 2-45. S — Clay White 1-13.

## Football Polls

### CLASS 3

1. Platte County (10) 3-0
  2. John Burroughs 3-0
  3. Salem 3-0
  4. (tie) Lutheran North 2-1
  4. (tie) Ste. Genevieve 3-0
  6. Cassville 3-0
  7. Odessa 3-0
  8. Herculaneum 2-1
  9. Harrisonville 2-1
  10. MICDS 3-0
- Dropped out: Grain Valley.  
Others receiving votes: Grain Valley (3-0) 14, Bolivar (3-0) 9, Oak Grove (3-0) 6, Mexico (3-0) 5, Seneca (3-0) 1, KC St. Pius X (2-1) 1.

### CLASS 2

1. Blair Oaks (10) 3-0
  2. Cameron 3-0
  3. El Dorado Springs 3-0
  4. Lawson 3-0
  5. Lutheran-St. Charles 2-1
  6. Montgomery Co. 3-0
  7. Charleston 3-0
  8. Monroe City 2-1
  9. Clark County 3-0
  10. Strafford 2-1
- Dropped out: Caruthersville, Cardinal Ritter, Mid-Buchanan.

### North Nodaway 51, Fairfax 0

Fairfax 0 0 0 0-0  
N. Nodaway 25 19 7 0-51

#### First Quarter

NN — Jace Randle 30 INT return (kick failed)  
NN — Shawn Fruch 10 run (kick failed)  
NN — Free 21 pass from Randle (pass failed)  
NN — Doug McKee 3 fumble return (Randle kick)

#### Second Quarter

NN — Quentin Blackford 4 run (run failed)  
NN — Randle 22 INT return (pass failed)  
NN — Cole Fisher 35 run (Randle kick)

#### Third Quarter

NN — Randle 16 run (Randle kick)

Records — North Nodaway 3-0, Fairfax 0-3.

This week the Game of the Week crew will head to Graham, Mo. Nodaway-Holt (2-1) will play host to North Nodaway (3-0) at 7 p.m.

# Rockets rally late in first half to grab win

By Brendan Kelley  
Assistant Sports Editor

The West Nodaway Rockets used a strong running game and precise passing to earn a come behind win. The Rockets erased a 12-point deficit to win 48-34 over the South Holt Knights on Homecoming Friday night.

"It's pretty huge to get the win on homecoming," Coach Matt Messick said. "This is just what the kids need to get ready for the next few games."

South Holt jumped out to an early lead in the first quarter when running back Daniel Schuetz forced his way into the end zone from the one-yard line.

West Nodaway wasted no time responding as running back Chris Chitwood ran the ball in from the six-yard line. Chitwood then turned around and ran the ball in for the two-point conversion giving the Rockets an 8-6 lead with 7:24 left in the first quarter.

"Chris is a heck of an athlete," Messick said. "He's got a lot of determination and a lot of heart which makes him easy to coach."

South Holt scored one more time in the first quarter to take a 12-8 lead into the second quarter.

The Rockets would go down 20-8 with 6:37 remaining in the second quarter before they mounted their comeback.

With 2:04 left in the second quarter the Rockets grabbed their second touchdown of

the game to pull the score up to 20-14 and leave the Rockets down six going into the break.

At the beginning of the second half, the Rockets Kolton Jones blocked a punt to give his team excellent field position. Alan Calfee got into the end zone and Chitwood got the two point conversion to put the Rockets up 22-20 with 10:33 left in the third quarter.

"Mr. Momentum put on a blue jersey right there," Messick said. "Kolton blocked that punt and it seemed like the wind just went right out of their sails."

Bryant Major hauled in a five yard pass with 4:45 left in the third quarter to put the Rockets up 28-20.

South Holt tied the game back up with 3:45 left in the quarter, but it would be the last time they would be close to the lead.

The Rocket's Chitwood ran the ball into the end zone with 53 seconds left in the third quarter putting West Nodaway up 36-28.

"I have to give credit to my blockers tonight," Chitwood said. "As a team we showed tonight that we have a lot of heart."

The Rockets scored twice more in the fourth quarter and the Knights punched the ball in once to make the final score 48-34.

"Last year they kind of stuck it to us, so it felt good to beat them on our home field," quarterback Jesse Davison said.

The win against South Holt can be used as a measuring stick to tell the Rockets where they are and how the rest of the season could go.

"With going 2-8 last year I don't think anyone in our conference had great expectations for us," Messick said. "South Holt isn't any slouches and I think this game shows that we are right on the money."

### West Nodaway 48,

### South Holt 34

South Holt 12 8 8 6—34  
W. Nodaway 8 6 22 12—48

#### First Quarter

SH — Noellsch 1 run  
WN — Chitwood 6' run (Chitwood run)  
SH — Scheib 16 pass from Ripley

#### Second Quarter

SH — Schuetz 3 run (Scheib pass from Ripley)  
WN — Major 1 run

#### Third Quarter

WN — Calfee 10 punt return (Chitwood run)  
WN — Major 4 run  
SH — Noellsch 46 pass from Ripley (Scheib pass from Ripley)  
WN — Chitwood 3 run (Davison run)

#### Fourth Quarter

WN — McGinness 15 fumble return  
SH — Schuetz 2 run  
WN — Major 2 run

### INDIVIDUAL STATISTICS

#### RUSHING

SH — Noellsch 6-23.  
WN — Chitwood 34-205.

#### PASSING

SH — 17-33-3-241.  
WN — Davison 2-8-0-16.

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PHOTO BY MIKE DYE / CHIEF PHOTOGRAPHER

**MARYVILLE'S JON ROGERS** attempts to score against visiting Cameron Monday afternoon. The Spoofhounds came up short as they fell 5-4 to the Dragons.

## 'Hounds fall short again

By Cali Arnold  
Staff Writer

A slow defensive start came back to haunt the Maryville soccer team in the second half Tuesday.

The Spoofhounds dropped their game 5-4 to Cameron.

The Dragons came out strong again in the second half and scored three goals in only 10 minutes of play.

Cameron's Nils Hinzmann found a hole in the defense to score the first goal of the match in the first five minutes of play. Maryville didn't score until the 20th minute when Steven Scheffe scored his first of two goals to tie the score.

Jon Rogers soon followed with two goals of his own in the 25th and 35th minutes, and the Dragons scored again in the 41st to go into halftime with a lead of 3-2.

"The first 15 to 20 minutes of that second half I'd

like to take those back," Maryville Coach Stuart Collins said. "You can't come out flat against a team that's got two or three speedsters like that."

Scheffe was able to score in the 70th minute to put the game at 5-4.

Maryville unleashed several shots on goal, but the Cameron defense came up with the stops.

"I would more say the shots went to him (Cameron's keeper)," Collins said. "He might have saved two you know, good, but out of the ones we put on him at the end they all went to him."

Collins expressed disappointment with the loss but seemed pleased with his predominantly young team.

"When we're playing five to seven sophomores and freshmen at a time, if we didn't have them we'd be in big trouble," Collins said. "They are stepping up

so good....they are playing well."

Scheffe agreed.

"Our team moved the ball really good. The defense let them get it through a couple times but in the end we did good," Scheffe said.

The 'Hound's midfielder scored two goals against Cameron and had several shots on goal.

"I had a couple mess-ups, but overall I think I had a good game," Scheffe said.

Maryville plays next at 4:00 p.m. today at Savannah, and again at 4:30 Tuesday at Smithville for two conference matchups.

"We have things we can work on and things we can do and we're gonna do them," Collins said. "They're growing, they're learning, they're getting their experience now which is tough to do in a varsity game, but you don't get a better opportunity to get a good experience."

## Volleyball team ends road trip positively

By Brett Barger  
Staff Writer

The Spoofhound volleyball team can begin their two-game homestand on a positive note after ending their long road trip with a three game victory over the Chillicothe Hornets Tuesday night.

The Spoofhounds lost the first game but rebounded to take the match with victories in games two and three (21-25, 27-25, 25-12).

Despite the win, Coach Steph Sunkten felt there were still some kinks that needed to be worked out.

"Defensively, we need to work harder on our digs," she said. "Tonight it was a total team effort but we had a lot of unforced errors, so if we cut down on the errors, we'll be much better off."

Kim Wolfer led the team with 14 kills. Sarah Scheffe led the team with 22 assists. On the serving side, Katie Wilmes was 18 of 19 with three aces.

The win moves Maryville's record to 9-7 and 1-1 in the Midland Empire Conference. The team resumes conference play at 7 p.m. Thursday night at home.

## Softball drops 2 on road; hopes to surprise teams again

By Jessica Nelson  
Staff Writer

With the season winding down, the Maryville Spoofhounds softball team lost both road games Monday and Tuesday. They fell 5-4 to Jefferson City on Monday and 3-2 to Platte County Tuesday.

The losses dropped the 'Hounds to 6-6 overall and 2-4 in the conference. There were bright spots in Monday night's loss as the girls started the game with two hits. Coach Kathy Blackney said they played better than they had in a long time and was happy with their overall performance. Right fielder Dana DeMott had an outstanding game, going 2 for 3 at the plate with an RBI.

"She's been a hot hitter for late," Blackney said.

Errors have plagued the

'Hounds lately. Tuesday night's road trip to Platte County added another loss to the season total; however, Blackney said that the girls fought hard and didn't quit until the end. Maryville matched Platte County with seven hits in the game. DeMott had another good game, going two for three again at the plate.

The 'Hounds travel to Benton Sept. 22 in St. Joseph for a non-conference game next week. The district tournament follows next week's games. Last year the 'Hounds played the role of sleeper and won their district.

"In order to shock as many people as they did last year in winning the district, the girls will need good offense and defense along with playing their hearts out again," Blackney said.

## PROTECTING SOURCES IS PROTECTING DEMOCRACY

Judith Miller, a reporter for the New York Times, has been sent to jail for refusing to testify before a grand jury about a confidential source. For defenders of the First Amendment this is a crucial juncture in our nation's history.

It is essential to our country's democracy that journalists be able to report information without fear of intimidation or imprisonment. This sometimes requires the use of confidential sources. Many major news stories such as the Watergate revelations have depended on confidential sources. The public is the chief beneficiary. Sometimes individuals with critical information will only speak on the condition that their identities are not revealed.

For that reason, a majority of the states and the District of Columbia recognize the need for confidential sources and have enacted media shield laws to protect journalists from disclosing those sources. There is no federal shield law statute, however, to protect Judith Miller from having to disclose the identity of her source. She has been sent to jail, even though she never wrote an article, based on her confidential source.

As citizens—and as journalists—committed to a free press and the free flow of information, we support the passage of a Federal shield law. And we urge you to join with us in speaking out against the imprisonment of Judith Miller.

Edward Albee, playwright  
Andrew Alexander,  
Washington bureau chief,  
Cox Newspapers

Paul Auster, author  
Russell Banks, author  
Sandra S. Baron, executive  
director, Media Law Resource  
Center

James Bettinger, director,  
John S. Knight Fellowships,  
Stanford University

Peter Bhatia, executive editor,  
Oregonian, Portland

Susan Bischoff, associate  
editor, Houston Chronicle

Richard Blumenthal,  
Connecticut, attorney general

Julian Bond, board chairman,  
National Association for the  
Advancement of Colored People

Tom Brokaw, correspondent-  
at-large, NBC News

Jerry E. Brown, dean,  
School of Journalism,  
University of Montana

Jeff Bruce, editor, Dayton  
Daily News

Arne Carlson, former  
governor, MN

John Carroll, former editor,  
Los Angeles Times

Phil Casaus, editor,  
Albuquerque Tribune

Mae Cheng, president,  
UNITE: Journalists of  
Color, Inc.

Ron Chernow, biographer,  
historian

Doug Clifton, editor,  
Cleveland Plain Dealer

Chris Cobler, editor,  
Greely Tribune, CO

John Connolly, president,  
American Federation of  
Television and Radio Artists

Matthew Cooper,  
White House correspondent,  
Time magazine

Walter Cronkite, journalist  
Lucy Dalglish, executive  
director, Reporters Committee  
for Freedom of the Press

Tom Daschle, former Senate  
Leader, SD

Ariel Dorfman, playwright,  
novelist

Drew Edmondson,  
Oklahoma, attorney general

Bob Edwards, host,  
Bob Edwards Show,  
XM Satellite Radio

Myron Farber, former reporter,  
New York Times

Luis A. Ferre Rangel,  
editor, El Nuevo Dia,  
Puerto Rico

Charles M. Firestone,  
executive director, The Aspen  
Institute, Communications  
and Society Program

Francis Fitzgerald, author  
Ellen Foley, editor,  
Wisconsin State Journal, WI

Linda Foley, president,  
The Newspaper Guild-CWA

Philip Gaitley, editor of  
editorials, St. Petersburg  
Times, FL

Bob Giles, curator of  
the Newman Foundation  
for Journalism at  
Harvard University

Scott Gillespie, managing  
editor, Star Tribune,  
Minneapolis, MN

Francisco Goldman, novelist,  
journalist

Barbara Goldsmith, author  
Fred Graham, chief anchor  
and managing editor, Court TV

Rex Granum, former deputy  
press secretary to President  
Jimmy Carter

Irwin Gratz, president, Society  
of Professional Journalists

Anders Gyllenhaal, editor,  
Star Tribune, Minneapolis, MN

Charlotte H. Hall, senior  
vice president/editor, Orlando  
Sentinel

John Hall, senior Washington  
correspondent, Media General

Linwood Holton, former  
governor, VA

Brant Houston, executive  
director, Investigative Reporters  
and Editors and National  
Institute of Computer Assisted  
Reporting

Clark Hoyt, Washington editor,  
Knight Ridder

John Hughes, syndicated  
columnist, Christian Science  
Monitor; editor and chief  
operating officer, Desert  
Morning News, Salt Lake  
City, UT

Al Hunt, managing editor,  
Washington, Bloomberg News

Sandra Keyes, editor,  
Honolulu Advertiser

Larry King, executive editor,  
Omaha World-Herald

Ted Koppel, anchor and  
managing editor, Nightline,  
ABC News

David Kraslow, Washington  
bureau chief, Cox Newspapers

Kathy Lawrence, president,  
College Media Advisers

Dale Leibach, former assistant  
press secretary to President  
Jimmy Carter

Carl Leubsdorf, Washington  
bureau chief, Dallas Morning  
News

Frances Lewine, CNN  
assignment editor

Simon K.C. Li, assistant  
managing editor, Los Angeles  
Times

Ron Magers, anchor/reporter,  
ABC-7, Chicago

John Mancini, editor,  
Newsday, Long Island, NY

Carol Marin, political  
columnist, Chicago Sun-Times

Mike McCurry, former  
press secretary to President  
Bill Clinton

Jack McElroy, editor,  
Knoxville News Sentinel

George McGovern, former  
Senator, SD

Tim J. McGuire, columnist  
and former president American  
Society of Newspaper Editors

Rob McKenna, Washington  
State, attorney general

Walter Mears, retired vice  
president, Associated Press

Paul Merkoski, editor,  
The Press of Atlantic City

Wilson F. Minor, syndicated  
columnist, Jackson, MS

Bill Monroe, former  
moderator, Meet the Press

Jack Nelson, retired  
Washington bureau chief,  
Los Angeles Times

Lawrence M. O'Rourke,  
national political correspondent,  
McClatchy Newspapers

Rafael Olmeda, vice president,  
print, National Association of  
Hispanic Journalists

Ronald J. Ostrow, former  
Supreme Court and Justice  
Department correspondent,  
Los Angeles Times

Hannah Pakula, author  
Eugene Patterson, editor  
emeritus, St. Petersburg Times

Matthew Paxton, publisher,  
News-Gazette, Lexington, VA

Douna Penticuff, president,  
National Federation of Press  
Women

Daniel Petrie Jr., president,  
Writers Guild of America, west

Jody Powell, former press  
secretary to President Jimmy  
Carter

Mike Riley, editor,  
Roanoke Times

David Risser, executive editor,  
Statesman Journal, Salem, OR

James Risser, director emeritus,  
John S. Knight Fellowships,  
Stanford University

Cindy Rodriguez, general  
at-large officer, National  
Association of Hispanic  
Journalists

Rick Rodriguez, president,  
American Society of Newspaper  
Editors and executive editor,  
Sacramento Bee

Salman Rushdie, author  
Kathleen Rutledge, editor,  
Lincoln Journal Star, NE

William Safire, columnist,  
New York Times

Jonathan Safran Foer, author  
Michael Scammell, author

Bob Schieffer, correspondent,  
CBS News

Daniel Schorr, senior news  
analyst, National Public Radio

Patrick J. Sloyan, director,  
Fund for Investigative  
Journalism

Hendrick Smith, former  
Washington bureau chief,  
New York Times

Rex Smith, editor and vice  
president, Times Union, Albany,  
NY

Dennis Sodomka, executive  
editor, Augusta Chronicle, GA

Ellen Soetbeer, editor,  
St. Louis Post-Dispatch

Eliot Spitzer, New York State,  
attorney general

Suzette Martinez Standing,  
columnist, president, National  
Society of Newspaper Columnists

David Starr, senior editor,  
Newhouse Newspapers

Mark W.C. Sodder, executive  
vice president/newspapers, Dolan  
Media Co., Minneapolis, MN

John Sweeney, president,  
AFL-CIO

Paul Tash, editor and  
chairman, St. Petersburg Times

Joyce Terhaar, managing  
editor, Sacramento Bee

Jerald terHorst, press secretary  
for President Gerald Ford

Helen Thomas, syndicated  
columnist, Hearst Newspapers

Douglas Turner, Washington  
bureau chief, Buffalo News

Troy Turner, executive editor,  
Anniston Star, AL

Christopher White Walker,  
editor and publisher, Emporia  
Gazette, KS

David Wise, author/journalist

Betty Wong, managing editor,  
Americas Company, Reuters  
America LLC

Judy Woodruff,  
correspondent, CNN

David Zeeck, executive editor,  
News Tribune, Tacoma, WA

Fred Zipp, managing editor,  
Austin American-Statesman

American Federation of  
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American Society of  
Business Publication  
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American Society of  
Newspaper Editors

Asian American Journalists  
Association

Education Writers  
Association

Investigative Reporters  
and Editors and  
National Institute of  
Computer Assisted  
Reporting

Media Law Resource Center  
National Association of  
Black Journalists

National Association of  
Hispanic Journalists

National Federation of  
Press Women

National Newspaper  
Association

Newspaper Association  
of America

PEN American Center  
Radio-Television News  
Directors Association

Religion Newswriters  
Association

Reporters Committee for  
Freedom of the Press

Society of American  
Business Editors &  
Writers

Society of Professional  
Journalists

The Newspaper Guild-CWA  
UNITE: Journalists of  
Color, Inc.

\*Organizations listed for identification purposes only\*

In the last 18 months, more than two dozen reporters were questioned or subpoenaed about their confidential sources. New York Times reporter Judith Miller sits in jail and other reporters could face imprisonment. Without the promise of confidentiality, sources—especially whistleblowers—will not come forward with evidence of wrongdoing in government or the private sector. Confidential sources help get information to the public so citizens can participate fully in our democracy.

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## 'VILLE WEATHER

## Today

Find a good book



77 / 51

## Friday

Clean the house



76 / 60

## Saturday

Walk a mile or two



82 / 58

## Sunday

Make a puzzle



79 / 59

## Monday

Walk the dog



74 / 50

## Tuesday

Go for a bike ride



71 / 51

## Wednesday

Rake up leaves



74 / 50

From National Weather Service

## COUNTDOWN

16 days until mid-term exams

76 days until end of the trimester

## Junk-mail overloads Your Man's inbox

Ah, the joys of being part of the electronic campus.

Nothing is as sweet as overflowing inboxes and scheduled downtime on the network.

Plus, what is better than populated area on campus and all you see is people with their heads buried in laptops, not talking, but rather just e-mailing.

The idea of the overuse of e-mail came after Your Man checked his campus e-mail the other day. To say my e-mail

account is ridiculous probably isn't giving the account a fair shake.

People I had seen just minutes before had ignored me but "shot me an e-mail" just to give me a heads up on something.

The idea of e-mail overuse has prompted an idea.

Instead of Random Acts of Kindness week, how about a Randomly free of e-mail week.

Let's dream together. One day we could walk into the Station and people would let

us know there is a meeting tomorrow instead of sending out a mass e-mail.

The options are endless for what could happen.

Our University bills could once again come in the mail. Granted this idea is a bit far-fetched but the whopping 37 cents it cost to mail the bill surely could be compensated for somewhere in our fees.

No more e-apologies. Can't find the courage to apologize to a person? Here's an idea, tell people you're sorry to their faces. (Note:

Your Man is not responsible for increases in hand-to-hand combat).

A break for the system administrator- If Your Man had a wooden nickel for each time this mystery person told me my account is over its size limit, well, I'd have a lot of wooden nickels.

Here's what would make this really fun. Each time you got a piece of junk mail, the person who sent it would have to say the message to you.

"Valued customer! We can

make you and your partner finally happy."

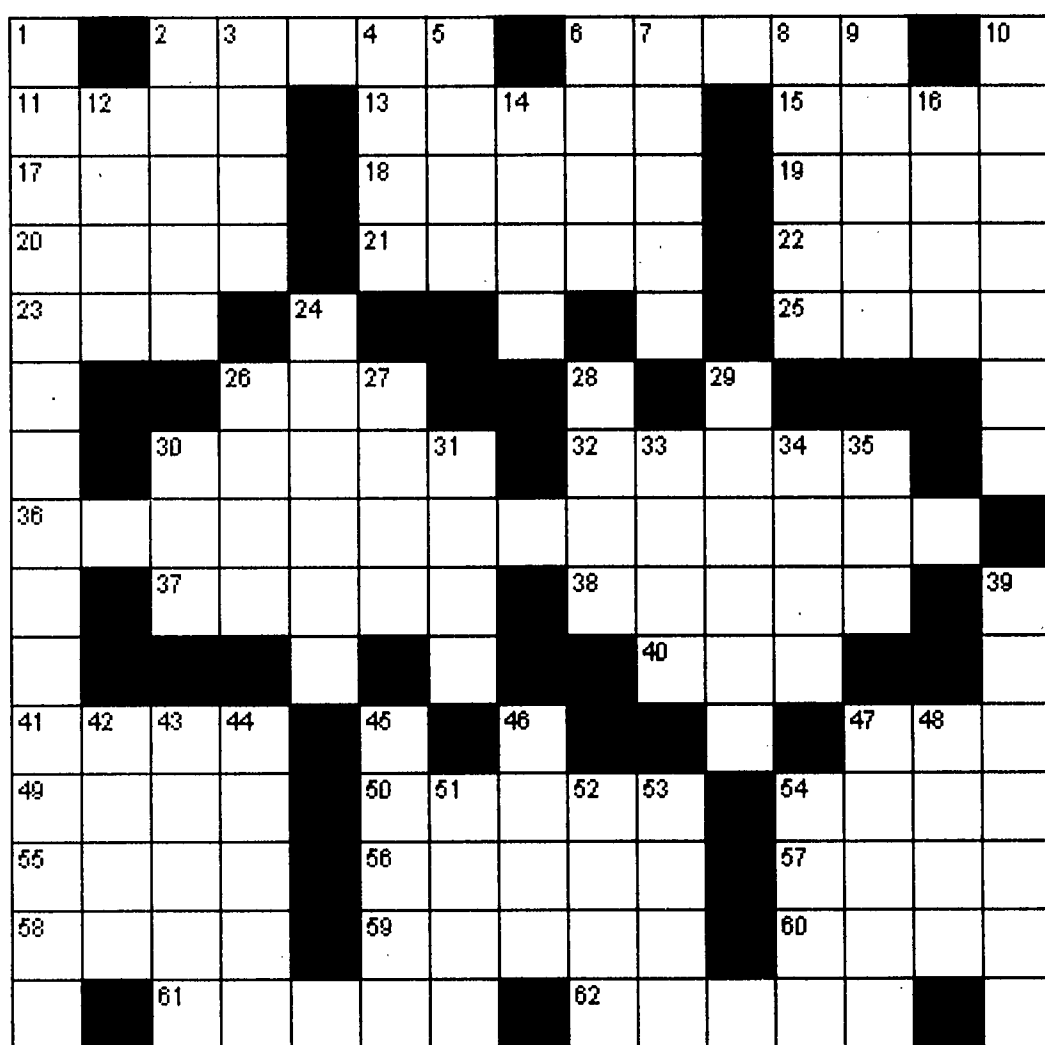
Or think what the scene would be like when people try to pass chain letters along.

Can you imagine what people would do to find 10 people just so they can find out about their "secret crush."

OK, so this idea sucks, but if it keeps me from checking my e-mail 20 times a day then I'm happy.

The Stroller has been a tradition since 1918 and does not reflect the views of *The Northwest Missourian*.

## PUZZLEMANIA



## Across

2. Tertiary  
6. Blowing in ... bursts  
11. Repetition of sound  
13. Wallace and William ----, journalists  
15. Hokkaido's former name  
17. Word borrowed from another language  
18. Prophets

19. Apostle of the Gentiles  
20. An informer  
21. South African dance music  
22. Parisian airport  
23. Cuttlefish fluid  
25. Fitting closely  
26. Unit of heat  
30. Small and delicate  
32. High rockface  
36. Pertaining to a chemical compound containing

a metal and carbon  
37. Express opinions  
38. One of a series of steps  
40. Humble dwelling  
41. Peaks  
47. Cacophony  
49. Guiltless plea  
50. Jump rope  
54. Method  
55. Stepped  
56. Eyelashes  
57. Monkeys  
58. Give temporarily

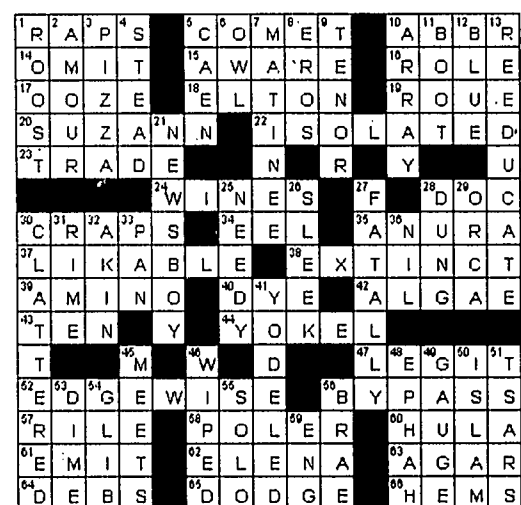
8. Literals  
9. Long  
10. Closed plane figure  
12. Money  
14. Exude water  
16. Bantu language  
24. Mythological Scandinavian dragon  
26. Applaud  
27. Man of great strength  
28. Bible book  
29. Rice dishes  
30. Inflated feeling of pride  
31. State  
33. Slat  
34. Flutter  
35. Evergreen tree  
39. Skill  
42. Anecdotal knowledge  
43. Cheap wine  
44. House of turf strips  
45. Broad necktie  
46. Meek  
47. Inane  
48. Middle day of the month  
51. Thousand  
52. Having different colored sections  
53. Mentally healthy  
54. Mother

59. Of time long past  
60. Untidy condition  
61. Former Japanese capital  
62. Rot

## Down

1. Haughtily (4-11)  
2. Show appreciation  
3. Cry of a goose  
4. Danger  
5. Pulled  
6. Little lady  
7. Retract

## LAST WEEK'S SOLUTION



## Going Out? Get connected

## Today

Thursdays at the Union: Craft Night. 10 p.m. @ Union Ballroom.

Get Carded Day. Look for volunteers around campus who will distribute cards to raise awareness about Sexual Assault and how to prevent it. Sexual Assault Hotline: 562-1972.

## Friday

Alumni Awards Banquet. 6 p.m. @ Union Ballroom.

## Saturday

Centennial Event: Fire Arts Building Open House. 10 a.m.

Bearcats vs. Missouri Southern. 1 p.m. @ Bearcat Stadium.

ABC Soul Food Dinner @ Union Ballroom.

## Sunday

Faculty Recital: Dr. Christopher Gibson. 3 p.m. @ Charles Johnson Theatre.

## Monday

Free blood pressure and flexibility evaluations. 11 a.m. - 1 p.m. @ the Belltower. Join in and get a



free day pass to the Fitness Center.

## Tuesday

Healthy Snack Time. Midnight - 1 a.m. @ the Station. Students living on campus — check out fitness areas and equipment to stay fit in the Residence Halls.

## Wednesday

Campaign for Community Renewal. 7:30 p.m. @ City Hall.

Lettuce Bowling, Apple Bobbing and Panty Hose Relay Races. 11 a.m. - 1 p.m. outside the Union. Sponsored by Peer Education Team.

Deadline for submissions for the calendar are due Friday prior to publication and can be mailed to Calendar of Events, 800 University Drive, Wells Hall #2, Maryville, Mo. 64468 or e-mail northwestmissourian@hotmail.com.

## Northwest Missourian Classifieds

FOR RENT: 1-6 bedroom nice homes, apartments. Prices reduced, deposit specials. Near campus. Families, students and pets welcomed. 660-582-8527. AVAILABLE NOW

BUSINESS: NEED INCOME? We offer simple solutions and plans to make you money while in school and graduate debt free! www.BestEIS.com

TRAVEL: #1 Spring Break Website! Low prices guaranteed. Free Meals & Free Drinks. Book 11 people, get 12th trip free! Group discounts for 6+ www.SpringBreakDiscounts or www.LeisureTours.com or 800-838-8202

WANTED: Student need ride to avenue city School, mother will meet on I-29 North of St. Joseph. Monday-Friday. Same schedule as Maryville School District. Pay mileage .405 cents. Call 816-662-2305 for more info.

WANTED: Guerilla Marketing/Promoters needed! Leisure Tours needs students to promote our Spring Break travel packages on campus and with local vendors. Excellent Pay! 1-800-838-8202

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## CINEMA VIEWING

In theaters this week, an equal mix of drama, comedy and thrill

**Oliver Twist PG-13.** drama, starring Ben Kingsley, Barney Clark

**Flightplan PG-13.** action/thriller, starring Jodie Foster, Peter Sarsgaard and Sean Bean

**A History of Violence R.** drama/thriller, starring Viggo Mortensen, Maria Bello and Ed Harris

**Daltry Calhoun PG-13.** comedy/drama, starring Johnny Knoxville

**Roll Bounce PG-13.** comedy, starring Bow Wow, Wesley Jonathan and Mike Epps

## SIZZLING JAMS

To all those downloading-obsessed, here are the top 10 downloads.

1. **Gold Digger.** Kanye West, feat. Jamie Foxx

2. **My Humps.** Black-Eyed Peas

3. **Wake Me Up When September Ends.** Green Day

4. **Sugar, We're Going Down.** Fall Out Boy

5. **Boysfriend.** Ashlee Simpson

6. **Beverly Hills.** Weezer

7. **Outta Control.** 50 Cent and Mobb Deep

8. **Feel Good Inc.** Gorillaz

9. **Don't Lie.** Black-Eyed Peas

10. **Don't Cha.** The Pussycat Dolls and Busta Rhymes

Courtesy of www.apple.com/itunes

## VIDEO GAMING

The top video games picks for Sept. according to the Internet movie database.

1. **X-Men Legends 2: Rise of Apocalypse.**

2. **Rainbow Six: Rainbow.**

3. **We Love Katamari.**

4. **Myst V: End of Ages.**

Courtesy of www.imdb.com

## CONCERTS IN THE CITY

**CROSSFADE**  
Sept. 22, 7 p.m.  
Beaumont Club, Kansas City, Mo.

**ONE DEGREE DIFFERENCE**  
Sept. 25 9:30 p.m.  
Hurricane Kansas City, Kansas City, Mo.

**LIVE AT THE GEM SHOW TIME SERIES 2005**  
Sept. 25, 7 p.m.  
Gem Theater, Kansas City, Mo.

**TRAPT**  
Sept. 27, 8 p.m.  
Beaumont Club, Kansas City, Mo.

**HINDER**  
Sept. 28, 8 p.m.  
Grand Emporium, Kansas City, Mo.

## Crashing the 'race' car

By Nick Watson  
Staff Writer

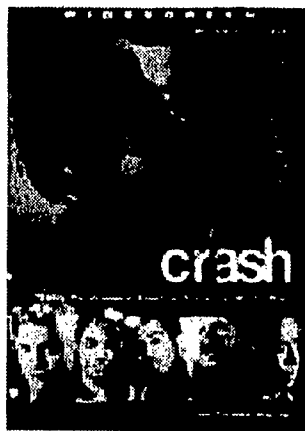
Eight unique character's lives cross paths during two tumultuous days in Los Angeles. Their only connection is their diverse racial difference, which serves as the theme of the action-packed film "Crash."

The movie spirals out of control from the first line to the climatic ending. Throughout the movie, characters meet each other through short encounters that are profound yet disturbing.

First, the movie sets you on a roller coaster of racism that will cause even the viewer to speculate their own opinions and stereotypes of others. It brings the unsettling realization that racism is still a great part of our society, and the destructive and dangerous effects it can cause.

The movie's ability to avoid stereotypes of heroes and villains stands as its most extraordinary achievement.

One of the most extraordinary achievements in "Crash" is its ability to avoid labeling



judgments.

The movie as a whole is a cinematic work of art. Each actor does an extraordinary job of displaying raw human emotion. The music used in this movie was powerful; words would take the effectiveness away.

"Crash" will be a movie for the ages. If everyone watched this movie, would we realize that we all act — in some way — like they did?

More importantly, will we try to prevent our own stereotypes of others to make better conclusions?

I would hope that we all strive to be better people. Overall, this is a movie for everyone, not solely to watch, but to experience its message.

## SEASON PREMIERE LISTINGS

**Thursday, Sept. 22**  
8 p.m. | Everybody Hates Chris (UPN)

Joey (NBC)  
8:30 p.m. | Eve (UPN)  
9 p.m. | The Apprentice (NBC)  
CSI: Crime Scene Investigation (CBS)

Cuts (UPN)  
9:30 p.m. | Love, Inc. (UPN)  
10 p.m. | Criminal Minds (CBS)

ER (NBC)

**Friday, Sept. 23**  
8 p.m. | The Bernie Mac Show (Fox)

Dateline NBC (NBC)  
Ghost Whisperer (CBS)  
Supernanny (ABC)  
8:30 p.m. | Malcolm in the Middle (Fox)  
9 p.m. | Hope & Faith (ABC)  
Killer Instinct (Fox)  
Three Wishes (NBC)  
10 p.m. | Inconceivable (NBC)  
Numbers (CBS)

**Saturday, Sept. 24**

8 p.m. | NBC Movie (NBC)  
10 p.m. | 48 Hours Mystery (CBS)

**Sunday, Sept. 25**

7 p.m. | Dateline NBC (NBC)  
Extreme Makeover: Home Edition (ABC)

60 Minutes (CBS)  
8 p.m. | Charmed (WB)  
Cold Case (CBS)

The West Wing (NBC)  
9 p.m. | Blue Collar TV (WB)  
CBS Sunday Movie: Martha Behind Bars (CBS)

Desperate Housewives (ABC)

Law & Order: Criminal Intent (NBC)

10 p.m. | Crossing Jordan (NBC)  
Curb Your Enthusiasm (HBO)

Grey's Anatomy (ABC)  
10:30 p.m. | Extras (HBO)

**Tuesday, Sept. 27**

9 p.m. | The Amazing Race: Family Edition (CBS)  
Commander in Chief (ABC)

Sex, Love & Secrets (UPN)  
10 p.m. | Boston Legal (ABC)

**Wednesday, Sept. 27**

8 p.m. | George Lopez (ABC)  
9 p.m. | Veronica Mars (UPN)  
10 p.m. | CSI: NY (CBS)

## Death Cab makes big "Plans"

By Chris Sauer  
Staff Writer

This is a solid, well-rounded album worthy of much praise. No matter how well you know Death Cab, "Plans" will not fail to impress. Ben Gibbard's talents as singer/songwriter jump to the forefront of this album, and the songs flow together seamlessly.

Front man Gibbard and his cohorts have recorded music together for more than seven years. Death Cab for Cutie has been a staple band for the independent music scene and has scarcely appeared on the radio or MTV — until now.

The band hit mainstream status in a big way by signing with Atlantic Records. Their recently released album "Plans," debuted at number four in record sales by selling 90,000 copies in its first week. With these numbers and a killer single ("Soul Meets Body"), it appears to many that Death Cab for Cutie may finally gain their long deserved credit.

Prior to the release of "Plans," fans of Death Cab were worried that their leap to a major label would affect the music in a negative way. Fans feared the music would have to change to appeal to a larger audience. Somehow, Death Cab pulled off change without causing their musical genius to suffer. Gibbard's retained his poetic form, and the songs remain as

catchy and melodic as always.

Opening the album with a bang, "Marching Bands of Manhattan" floors the listener from the start. If you are new to Death Cab, this song will make you a fan.

"I Will Follow You Into the Dark," a heartfelt song on the album, may make every other love song obsolete. Other album recommendations include "Different Names for the Same Thing," "What Sarah Said" and "Brothers on a Hotel Bed."

Also featured on this album is a song that fans will recognize as a sample from their older song "Stability," now entitled "Stable Song." "Stable Song" will sound familiar to current Death Cab fans.

If you enjoy this album, I would strongly suggest you pick up Death Cab's masterpiece record, "We Have the Facts and We're Voting Yes," or their previous work "Transatlanticism."

## All the fun without the mess

By Masaki Oyata  
Staff Writer

**Sound: Rating 8.2/10**

The sound in Nintendo's is what really sets it apart from the other pet simulators.

Speaking directly into the microphone is the only way to train the dogs. The more time you spend talking and training it, the quicker it will learn to behave.

**Game Controls: Rating 10/10**

Nintendogs players can become more involved, benefits of the touch screen. By using a stylus, or pen-like structure, you can command the dog to do tricks.

The competitions are disc, obedience and agility.

Anyone can enjoy this game, from kids to the adults. The game has all the fun of caring for a dog, without the threat of stepping in its crap.

**Overall rating 9.4/10**

Nintendogs is available in three separate game packs: Chihuahua, lab and dachshund. Each pack comes with six different breeds to choose from, so finding your ideal dog isn't too difficult.

Nintendogs can be purchased at most electronic stores for around \$30.

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## APPLICATION PROCESS

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- DEADLINE: October 3, 2005
- INTERVIEWS: October 13
- NOTIFICATION: October 20
- Trip to Jefferson City in November for placement and tours
- On-campus orientation sessions in November
- Finalize living arrangements and registration from November to January

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QUESTIONS  
DR. DAVID MCLAUGHLIN

# Oh, how sweet it is...

America's little sweet tooth isn't sugar, spice and all things nice

By Kristine Hotop  
Features Editor

She slowly walks around the aisles, glancing at every option and hoping she won't make the wrong decision. She reaches out and makes her selection, a king-size crispy, crunchety, peanut-buttery Butterfinger bar.

Content with her choice, she pays, removes the wrapper and takes the first satisfying bite.

Little does Anna Clifton, Northwest senior, know she consumed 480 calories and 51 grams of sugar — 10 percent of the total caloric amount of her snack.

Sugar is most American's favorite addiction. Each person consumes an average of 145 pounds of sugar per year, or approximately 20 teaspoons daily; with 16 calories per teaspoon of sugar, that's a whopping 320 simple sugar calories per day.

What Americans don't know is that extra sugar can be taking a toll on their health.

Type 2 diabetes is commonly looked at as the main problem with sugar consumption, and diabetics have to monitor their sugar intake.

Diabetes is the inability to control and/or produce insulin to control sugar levels. When a person consumes too much sugar on a frequent basis the body develops insulin resistance and diabetes is the result.

"In general, people spend more time and money on dealing with the disease once we have it, instead of preventing it," Assistant Director of Health Center Virginia Murr said. "Instead of focusing on eating right and exercising to prevent diabetes, society builds programs to cope with having it."

Murr also expanded on the programs the Health Center offers. Not only do they have programs for those with diabetes, there are programs concerning overall health management and routine health maintenance for those wanting to watch their sugar intake, or monitor their risk for pre and type 2 diabetes.

With the average person requiring roughly 2,200 total calories daily, sugar calories alone make up about 15 percent of consumed calories, "allowed" by United States Department of Agriculture standards. This fails to include other discretionary oils and fats the USDA accounts for in that total. That's a lot of extra calories from a simple, granular substance called sugar.

Dietetics major Karamaneh Euler believes nutrient-rich substitutes exist for all foods. Whole wheat bread is a good substitute for white bread because it contains more complex carbohydrates and fiber, which aids in digestion.

Sugar can be broken into two different categories: complex sugar that is good for you and necessary to your health and simple sugar which makes you gain weight.

"Complex sugar is the better sugar for you, found in starches and fibers," Euler said. "I would discourage simple sugar sources like table sugar, candy and other concentrated sweets, like pop. Instead, eat fruit because it provides a nutrient dense source of sugar and gives the most nutrients for the calories."

For example, the processed sugars found in one candy bar are equal to the natural sugar of three pounds of apples. The benefits the apple gives aids in digestion of the sugar, but not the same as the single candy bar.

Sugar exists in almost every food we digest, whether it is naturally occurring, such as in fruits, vegetables or whole grains, or added sugars. Both kinds are digested in the exact same manner with no nutritional differences; but there is

a difference involving the types of food each sugar is associated with.

"The body knows sugar as sugar," Registered Dietician Janell Ciak said. "We add sugar, because we like sugar. It makes nutritious foods more palatable, therefore we will eat it when we otherwise wouldn't. The problem we run in to, is we

substitute sugar-dense foods or drinks for nutrient-dense ones."

Ciak explains the amount of sugar in a food item doesn't judge how "bad" or "healthy" it is for someone. It is when people will substitute soft drinks for juice that sugar consumption becomes problematic. A 12 ounce soft drink and 12 ounces of fruit juice may have the same amount of calories, but the juice has healthy nutrients and carbohydrates.

Since our bodies need sugar for normal functioning and the production of glucose into absorbed energy, sugar consumption is necessary. Both "empty calories" and natural-sugar calories serve as energy producing but by processing and refining natural raw sugars, the body cannot digest it as easily. This causes the sugar to not be absorbed as glucose. The end result: fat.

When sugar cannot be absorbed as glucose its only other option is turning into fat, which is one of the reasons that overindulgence in these empty calories leads to obesity.

"Vegetables are the new wonder food keeping us from cancer and heart disease, so the problem with sugar is right there; we fill up on sugary foods and we don't eat other foods," Ciak said. "People stop by convenience stores and grab a soda and candy bar and call it breakfast. They ate breakfast, but they didn't eat anything that is going to help their body prevent diseases."

The biggest culprit in sugar ingestion is soft drinks. The average American drinks 56 gallons of soda per year. Do the math: a regular sized can of Pepsi contains 160 calories and 39 grams of sugar, that's the entire caloric amount contained in the sugar.

Ciak explains simply how when we drink soft drinks instead of milk we are losing the calcium and vitamins sugary drinks fail to provide.

It is inevitable. Sometime during the day sugar will make its sweet trip to your lips and into the bloodstream.

Americans have a way of making nearly everything bigger and better.

Unfortunately, sugar is one thing that is not preferred. "Sugar isn't poison," Ciak said. "But, we have learned how to manipulate it and in turn, we have failed."

On average, Americans consume close to 145 pounds of sugar per person; per year, which is the size of an average female adult.

## Interested? More sweet information

### SUGAR MYTHS

■ Obesity is caused by over eating in general, not necessarily overindulgence in sugar-laden sweets. Fatty foods are the culprit in causing obesity, since one fat gram contains nine calories compared to the four calories per one gram of sugar. However, consuming more sugar calories than the body can burn will lead to weight gain.

■ Sugar used to be the blame of hyperactivity in children, but in truth, sugar does not lead to or worsen hyperactivity in children. Since children are sensitive to sugar in the first place, certain amounts will cause a child to become hyperactive for short periods of time, usually associated with time of excitement and anticipation.

■ Research studies from the University of Michigan show that neither candy nor chocolate is behind severe or moderate acne.

### NON-FOOD USES OF SUGAR

■ Slows down the hardening of concrete  
-Leather tanning, sizing; texture finishing  
-As hydrophilic agent in printing inks  
-Water-bugs repellent; mix equal parts of powdered and borax sugar, sprinkle it in infected areas  
-Add to water to keep flowers fresh

### ALTERNATIVES TO TABLE SUGAR

■ Splenda  
-Stevia  
-Whey low  
-Aspartame



### HOW TO READ SUGAR IN FOOD LABELS

■ If you are concerned about taking in too many foods containing sugar, or just plain curious about what you are ingesting, these are terms to look for on food packaging ingredient lists.

■ -Barley Malt  
-Evaporated or crystallized cane juice  
-Invert sugar  
-Sucrose (table sugar)  
-Brown sugar  
-Dextrose or glucose  
-Lactose (milk sugar)  
-Syrups (maple, sorghum)  
-Corn syrup  
-Fructose  
-Maltose (malt sugar)  
-Sugar alcohols (mannitol, sorbitol)  
-Corn sweetener  
-High-fructose corn syrup  
-Molasses  
-Fruit juice concentrate  
-Honey  
-Raw or tubinado sugar

### SWEET TOOTH

The amount of sugar and calories per serving in everyday foods.

**Caramel Macchiato 12 ounces, non-fat.**  
43 grams of sugar, 245 calories

**Macaroni & cheese.**  
7 grams of sugar, 260 calories

**Strawberry Smoothie 16 ounces.**  
77 grams of sugar, 391 calories

**Munchies snack mix.**  
5 grams of sugar, 130 calories

**Snickers bar.**  
30 grams of sugar, 280 calories

**Minute Maid original orange juice 12 ounces.**  
24 grams of sugar, 110 calories

**Bacardi Razz Rum 100 milliliter**  
12 grams of sugar, 180 calories

**Medium apple.**  
12 grams of sugar, 81 calories

**Cherry Vanilla Dr. Pepper 12 ounces.**  
38 grams of sugar, 140 calories

**Medium banana.**  
21 grams of sugar, 180 calories

**DiGiorno Stuffed-Crust Cheese Pizza.**  
5 grams of sugar, 350 calories

**Oreo's.**  
13 grams of sugar, 160 calories





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